



Day 1: The Relationship you are avoiding the truth about

Today's Focus: Naming what you've been pretending not to know.

There's a relationship in your life where you know something is off. You feel it. But you keep overriding that knowing with justifications, excuses, hope, fear, or obligation.

Today, you stop overriding. You name it.

Morning Practice: The Truth You're Avoiding

Which relationship am I avoiding the truth about?

Which relationship? (Partner, parent, friend, boss, sibling, etc.)

What truth am I avoiding about this relationship?

How long have I known this truth but pretended not to?

What am I afraid will happen if I face this truth?

Afternoon Reflection: The Cost

What is avoiding this truth costing you?

Naming the truth is the first act of self-love.

Day 2: What are you tolerating that you shouldn't ?

Today's Focus: Identifying what you've normalized that isn't normal

When you're in something long enough, you start to normalize what isn't normal. You adjust. You adapt. You tell yourself 'it's not that bad' or 'everyone deals with this.' Today, you get honest about what you're tolerating that you absolutely shouldn't be.

The Toleration Inventory

In this relationship, what am I tolerating that I shouldn't?

Check all that apply (be honest):

- ☐ Disrespect (tone, words, treatment)
- ☐ Emotional unavailability
- ☐ Being made to feel small/less than
- ☐ Lack of effort/care
- ☐ One-sidedness (I give way more than I receive)
- ☐ Broken promises/inconsistency
- ☐ Lack of accountability when they hurt me
- ☐ Having to dim myself to keep peace
- ☐ My needs being dismissed/minimized
- ☐ Criticism disguised as 'helping'
- ☐ Walking on eggshells around their moods
- ☐ Other: _____

Why am I tolerating this?

Just because I've tolerated it doesn't mean I have to continue.

Day 3: The Boundary You're Not Setting (And why)

Today's Focus: The boundary you know you need but haven't set

You know what boundary needs to be set. You've known for a while. But you keep not setting it. Why? Today, you excavate the real reason—and you prepare to set it.

The Boundary You're Not Setting

What boundary do I need to set?

How long have I known I need to set this boundary?

What am I afraid will happen if I set it?

What am I protecting by NOT setting it? (Their comfort? The relationship? My image?)

What is not setting this boundary costing ME?

If I set this boundary, what would I need to be willing to lose?

A boundary that protects my peace is not negotiable.



DAY 4: Your Relationship Pattern (What Keeps Repeating?)

Today's Focus: Seeing the pattern, you keep recreating

If you've been in this dynamic before—different person, same pattern—you're not unlucky. You have an unconscious pattern. Today, you see it clearly so you can break it.

Pattern Recognition, Answer honestly:

What keeps repeating in my relationships? (Same dynamic, different person)

What role do I always play? (The giver? The fixer? The small one? The grateful one?)

What type of person do I keep choosing/attracting?

When did this pattern start? (Childhood? First relationship? A specific wound?)

What is this pattern protecting me from? (Being left? Being seen? Being vulnerable?)

To break this pattern, what would I need to do differently?

I am not doomed to repeat this pattern. I am choosing differently now.

DAY 5: What Love Actually Feels Like

Today's Focus: Defining real love vs. what you've accepted

You've been taught that love is sacrifice, struggle, earning, proving, waiting, hoping, fixing. But real love, healthy, nourishing, mutual, love feels completely different. Today, you define what love is for you.

Real Love vs. What I've Accepted

REAL LOVE FEELS LIKE:	WHAT I'VE ACCEPTED:
Safety	Walking on eggshells
Consistency	Unpredictability / hot and cold
Being seen and valued	Being invisible or taken for granted
Mutual effort	One-sided (I do all the work)
Ease and flow	Constant struggle and drama
Freedom to be myself	Having to dim/shrink myself
_____	_____
_____	_____

Looking at this list, am I in real love or have I accepted a counterfeit?

I am allowed to want love that feels good, not love that feels hard.

DAY 6: The Conversation You Need to Have

Today's Focus: Preparing for the conversation

There's a conversation you've been avoiding. You know what needs to be said. Today, you prepare to say it—or you say it.

Conversation Preparation

What conversation do I need to have?

What needs to be said?

What am I afraid will happen if I say it?

What do I need from this conversation? (Clarity? Change? Closure? Honesty?)

If nothing changes after this conversation, what will I do?

Today's Commitment

- ☐ **Option A:** Have the conversation today
- ☐ **Option B:** Schedule the conversation (specific date/time)
- ☐ **Option C:** Write the letter/message (then decide whether to send or not)

My truth deserves to be spoken, regardless of how it's received.



DAY 7: Choose Yourself

Today's Focus: Making the choice that honors you

You've done the work. You've named the truth, seen what you're tolerating, identified the pattern, defined real love, prepared the conversation.

Now: what are you choosing?

The Decision

Based on everything you've uncovered this week, what is the truth?

Choose the most honest answer:

- ☐ This relationship is healthy, and I need to communicate better / set boundaries
- ☐ This relationship is fixable if BOTH people do the work (not just me)
- ☐ This relationship is not healthy, and I need to create distance
- ☐ This relationship is over, and I need to leave
- ☐ I'm still not ready to face the truth (and that's okay, but I know it)

What is one action I'm taking this week to honor my truth?



Final Reflection: Letter to Myself

Write a letter titled: 'I Choose Myself'

Include:

- What I learned about this relationship this week
- What I'm no longer willing to tolerate
- What I deserve (real love, not counterfeit)
- My commitment to choosing myself moving forward

*You deserve relationships that don't require you to abandon
yourself.*