

# 30-DAY RELATIONSHIP DETOX GUIDE

Your step-by-step guide to understanding past hurt, processing them the right way and setting sails for a healthier relationship

BY KASTURI M



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# HI THERE, I'M KASTURI



I'm a passionate relationship therapist and coach, and I love helping people navigate and enhance their relationships using a unique blend of methods. I draw from the Gottman Method, Acceptance and Commitment Therapy (ACT), positive psychology, and hypnotherapy to provide holistic support to individuals and couples.

My approach combines insights from both Eastern and Western philosophies, allowing me to tailor guidance to each person's needs.

Exciting news—I have my first book on relationships coming out soon with Simon and Schuster, titled "Red, Green and Sometimes Beige!"

I'm on a mission to empower individuals and couples with the tools and knowledge to create fulfilling and conscious connections in their lives. Thanks for being eager to learn and grow!

*xo, Kasturi*

# ONE DAY ONE

## INTRODUCTION TO RELATIONSHIP DETOX

Overview and goals of the Detox



Now that you are here, be prepared for some daily work. Each day will end with a specific task designed to help you on your journey. Don't worry—these tasks are simple, doable, and impactful.

**Today's task is to set an alarm for the next 30 days at a time when you can sit down, open this guide, read the day's information, and complete the exercise. This consistent routine will help you make steady progress without feeling overwhelmed.**

The goals of this program are multifaceted, focusing on helping you heal from past hurt. First, we will work on understanding your past experiences and acknowledging the pain you may have endured. This is crucial for processing these emotions and beginning the healing process. Throughout the program, you will learn valuable tools to build your confidence and self-worth. By enhancing these qualities, you will be better equipped to move forward and create a positive future.

The later part of this journey is learning how to establish and maintain healthy relationships. We will provide strategies and insights to help you attract the right kind of people into your life. This guide is designed to support you every step of the way, offering access to worksheets and additional content that I have found useful. These resources are readily available on the internet if you want to explore further and deepen your understanding.

By the end of this program, you will have a clearer sense of self, improved emotional resilience, and the tools needed to foster healthy, supportive relationships. This guide is here to work with your life, not against it, ensuring that each day brings you closer to your goals in a manageable and sustainable way.

# **TWO**

## **DAY TWO**

# **UNDERSTANDING**

# **EMOTIONAL BAGGAGE**

**Identifying what needs to be detoxed**





# THE 20 KG BACKPACK

Imagine lugging a 20 kg backpack through a busy airport. The weight is almost unbearable, and every step feels like a monumental effort. You know there are trolleys available to ease your burden, but you can't seem to find one, or perhaps you don't even realize they exist. Even worse, you might see the trolleys but haven't given yourself permission to use one, insisting that you must carry this load on your own.

Carrying excess emotional baggage is just like the physical strain of the heavy backpack. Emotional baggage can be exhausting or even crippling. It drags you down, making everyday tasks feel insurmountable and leaving you constantly fatigued. The effort required to manage this burden can lead to physical side effects such as high blood pressure, headaches, insomnia, and depression.

Emotionally, it feels like you're stuck in a time loop, unable to move forward. Each piece of emotional baggage you carry is a reminder of past hurts and unresolved issues, preventing you from living fully in the present. You replay old memories and grievances, making it difficult to embrace new opportunities and relationships with a fresh perspective.

# SIGN YOU ARE CARRYING EMOTIONAL BAGGAGE

- You find it hard to trust new partners or friends, often doubting their intentions without reason.
- You notice a recurring cycle of unhealthy dynamics in your relationships, such as constant arguments, jealousy, or avoidance.
- You have intense emotional reactions to situations that seem minor to others, often feeling disproportionately upset or angry.
- You avoid getting too close to others, fearing that opening up emotionally will lead to getting hurt.
- You frequently compare your current partner to an ex, making it difficult to appreciate the new relationship for what it is.
- You struggle with feelings of inadequacy or believe you are not worthy of love and respect, impacting how you engage with others.
- You hold onto anger and resentment from past relationships, which affects your mood and interactions with others.
- You carry feelings of guilt or shame about past relationship mistakes, which influence your self-image and behavior.
- You have difficulty feeling or expressing emotions, using detachment as a defense mechanism to avoid pain.
- You shy away from starting new relationships altogether, fearing a repeat of past hurt.
- You experience stress-related physical issues like headaches, insomnia, high blood pressure, or other health problems.
- You feel a persistent sense of anxiety or unease in relationships, always waiting for something to go wrong.
- You either have overly rigid boundaries, keeping people at a distance, or very weak boundaries, allowing others to take advantage of you.
- You struggle to move on from past relationships, often revisiting old memories and what-ifs.

**You may relate to many of the above pointers.  
Today is about awareness - process and let this information soak in.**

**Come back tomorrow to uncover some of your emotional baggage & identify them.**

# THREE

## DAY THREE

### UNPACKING YOUR BACKPACK

Looking back isn't always bad. Sometimes we can learn from the path we left behind



**While reflection helps us understand and learn from our past, rumination keeps us stuck in a cycle of overthinking and self-criticism; true reflection is powerful because it leads to growth and healing**

When it comes to reflection, it's not just about looking back on our past and noting the mistakes we've made. It's also about understanding why our past relationships ended. This can be super helpful in preventing us from repeating the same mistakes in future relationships.

By taking the time to think about our past relationships, we can learn a lot about ourselves.

We can also gain a better understanding of the kind of choices we made, what our intentions were, and how being honest and truthful with ourselves—even if it's painful or uncomfortable—can lead to growth and healing.

So, with the intention of understanding yourself better, get down to journaling with the help of these prompts. This thoughtful reflection can guide you on a path of personal growth and emotional well-being.

- **What qualities or traits have I been consistently attracted to in my past partners? How have these choices affected my relationships?**
- **What were the most common conflicts in my past relationships? How did we handle these conflicts, and what would I do differently now?**
- **What role did I play in the success or failure of my past relationships? What actions or behaviours would I like to change moving forward?**
- **What situations or behaviours in past relationships triggered strong emotional reactions in me? Was I able to express my deep emotions and if yes, did I feel heard?**



# FOUR

## DAY FOUR

## THE IMPORTANCE OF SELF-WORTH

You are valuable despite your experiences

# THE GARDEN OF SELF-WORTH

Imagine you have a beautiful garden. This garden represents your self-worth. When you first started tending to it, the soil was rich, and you had a variety of vibrant flowers and strong plants. These flowers and plants symbolize the positive aspects of yourself—your strengths, your achievements, and the love you have for who you are.

However, as time went on, weeds began to sprout. These weeds represent negative thoughts, self-doubt, and the criticisms you've faced from others. It includes the times you made bad choices and landed up in unwanted situations. Sometimes, these weeds can grow so tall and thick that they overshadow your beautiful flowers, making it hard to see them. These weeds are similar to emotional baggage—unresolved issues, past traumas, and negative experiences that weigh you down and obscure your self-worth.

What if instead of trying to pull out all the weeds (which can be an endless and exhausting task), we could focus on nurturing our flowers? By giving attention to the flowers—watering them, ensuring they get sunlight, and maybe even planting new seeds—we help them grow stronger and more vibrant. This process involves acknowledging your emotional baggage without letting it define you, and instead, putting your energy into what nurtures and uplifts you.

And as we familiarise ourselves with this new approach & way of thinking, even though the weeds are still there, they no longer dominate the garden.

You begin to see and appreciate the beauty of your flowers once again. You understand that while the weeds (emotional baggage) exist, they do not define the garden (your self-worth). The garden's true essence is in the flowers and plants that thrive despite the presence of weeds.



Often times, we forget how far we have come and beat ourselves up for things that could have been done differently. In our focus on past mistakes and missed opportunities, we overlook the strengths and achievements that have brought us to where we are today. Reflecting on our journey, it's easy to get caught up in regrets and what-ifs, but doing so diminishes the progress we've made and the resilience we've shown. Each step, no matter how small, contributes to our growth and development. The challenges we've faced and overcome have built our character and provided valuable lessons.

By constantly focusing on our perceived shortcomings, we undermine our self-worth and ignore the victories, both big and small, that deserve recognition. Our achievements, no matter how insignificant they might seem, are milestones that mark our perseverance and dedication. They are reminders of our capability to overcome obstacles and reach our goals.

It's important to shift our perspective and celebrate our journey. Recognize your strengths, acknowledge your achievements, and give yourself credit for the progress you've made. Embrace a mindset of self-compassion and appreciate how far you've come.

To help you do this exactly, refer to the worksheet attached, and print it out if you would like.

Write a minimum of 3 points under each column. We often lose track of our value by always comparing ourselves to others or replaying past follies. This worksheet will help you to recognise and reclaim your positive traits.

This is your reminder - keep it close to you, and look at it often.



# My Strengths & Qualities



*Things I am good at*

*What I like about my appearance*

*I've helped others by*

*What I value the most*

*Compliments I have received*

*Challenges I have overcome*

*Things that make me unique*

*Times I've made others happy*



# FIVE

## DAY FIVE

### INNER COMPASSION

Are you your own friend?



**Inner compassion involves treating yourself with the same kindness and understanding that you would offer to a close friend. It means recognizing your own struggles and imperfections without judgment, fostering a sense of self-acceptance and inner peace.**

**Inner compassion is crucial, especially while trying to heal from past hurt, because it allows you to acknowledge your pain without self-criticism, creating a safe space for emotional healing. By treating yourself with kindness and understanding, you can foster resilience and empower yourself to move forward, free from the burden of self-judgment. Refer to these links and take out 10 minutes today to listen to any one you connect with:**

**Meditation 1**

**or**

**Meditation 2**



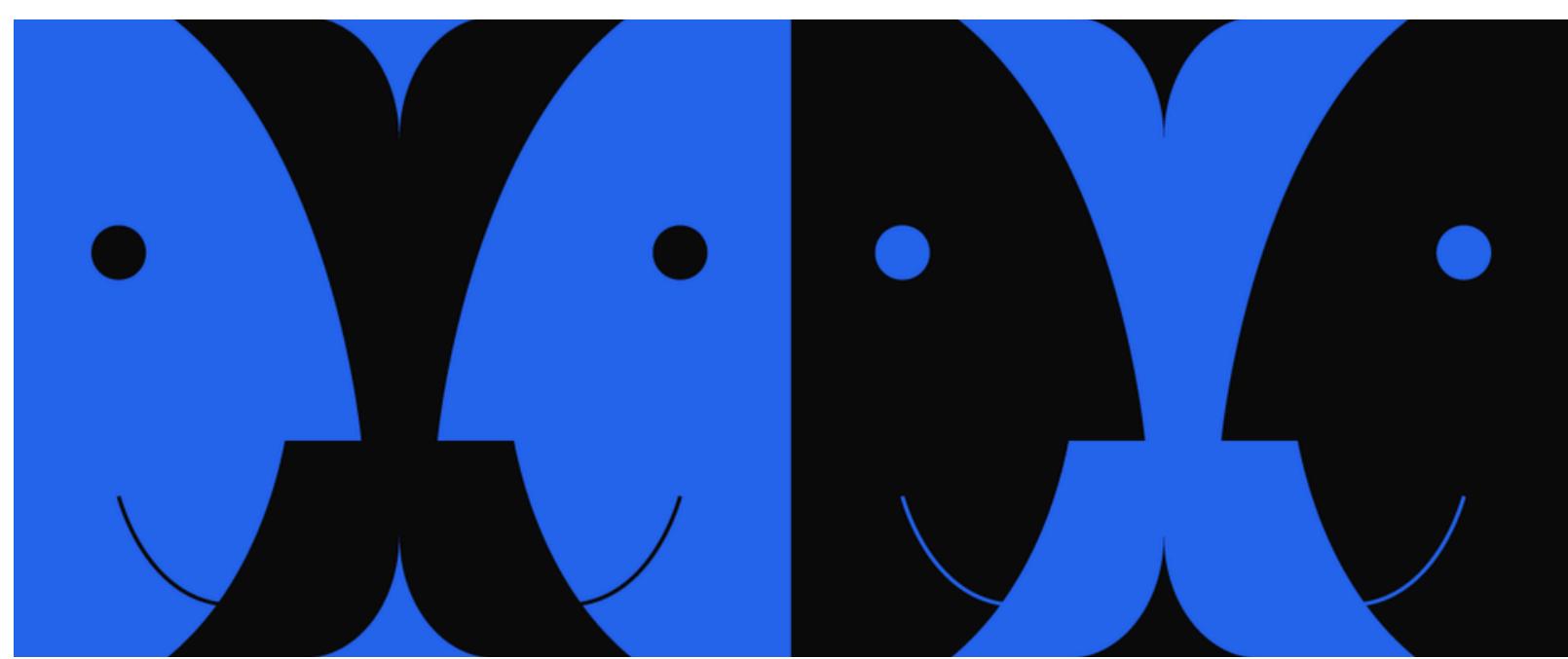
# SIX

## DAY SIX

### THE NEGATIVE SPACE

Find out more about yourself by seeing what doesn't belong to you.





Negative space, commonly used in art, is the empty part that surrounds the main subject. It's not the actual picture or sound but the space around it that helps define it. But did you know we have a kind of negative space inside ourselves too?

Imagine you're a sculptor, carving a statue of yourself out of a big block of stone. To make the statue look like you, you have to chip away at all the parts that are not you. These pieces you chip away are like the negative space inside you—they're the things that don't define who you really are.

Now, let's think of another way to understand this. Think of your mind as having two parts: positive space and negative space. The positive space is what you are aware of—your thoughts, feelings, and things you know about yourself. This is your consciousness. The negative space is what you're not aware of—hidden thoughts and feelings you don't usually think about. This is your unconscious.

When we explore our negative space, we try to understand the hidden parts of ourselves. By doing this, we learn more about who we really are. For example, if you discover things about yourself that you never realized before, you're exploring your negative space. It's like finding out more about yourself by seeing what doesn't belong to you.

## Exercise : "Who Am I Not?"

**Objective:** To help you understand and define your identity in the context of relationships by exploring what they are not.

### Materials Needed:

- Timer (phone or clock)
- Journal or notepad
- Pen or pencil

### Instructions:

#### 1. Preparation:

- Find a quiet space where you can focus without interruptions.
- Reflect on the exercise's goal: to gain insight into your relationship patterns by identifying what you are not.

#### 2. Set Up the Exercise:

- Set a timer for two minutes.

#### 3. Start the Exercise:

- Ask yourself, "Who am I not in relationships?" Write down your answers, starting with "I am not someone who..."
  - Examples: "I am not someone who settles for less than I deserve," "I am not someone who enjoys constant conflict," "I am not someone who avoids communication."
- Continue answering until the timer goes off.

## Part 2: Reflection on Relationship Patterns

- **Review Your Answers:**

- Take a few minutes to review all your answers from Part 1.

- Reflect on the exercise with the following journal prompts:

- What did I learn about my relationship choices through this exercise?
    - Were there any surprises in my answers?
    - Were there discrepancies between what I usually choose in a relationship vs who I am not?
    - How do these aspects that I am not shape my approach to relationships?
    - What qualities or characteristics do I want to embrace in my relationships?

# SEVEN

## DAY SEVEN

### SELF-DISCOVERY



Being clear about who you are can help you be clearer about the choices you make in the future. Self-awareness is the capacity to view yourself clearly, from your values, desires, and passions, to your moods, beliefs, thoughts, and feelings.

When we give ourselves a chance to introspect, we increase our internal self-awareness or our self-knowledge. When we consider how others see us, we increase our external self-awareness, which relates to how well we understand others' impressions of us.

Use the questions on this worksheet as thinking points to build up your self-awareness. Write your answers in a journal of your own.

This journey of self-discovery helps you become a clearer and more complete version of yourself, making better choices that align with who you truly are.

#### **PART 1 : Other people frequently view us differently from the way we see ourselves.**

- How do you think your closest friend or family member would describe you in one paragraph?
- If one of your workmates was to tell a story about you, what do you think they would say?

#### **PART 2 : Now, try to forget about others' perspectives.**

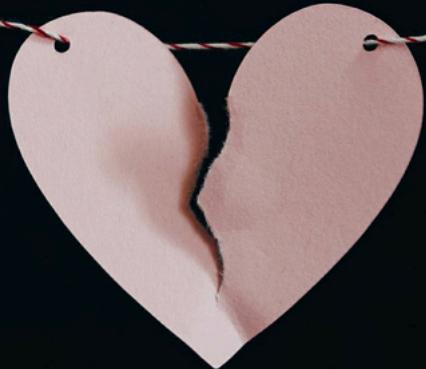
- If you were writing to your past self, what would you choose to include about who you are, now?
- Imagine you're talking to your future self. What would you say about what makes you, you?
- Take a moment to get in tune with your thoughts and write a little about your day. Try not to write solely about tasks and activities - but how you felt, and what you thought, at the time.

# EIGHT

DAY EIGHT

## RELATIONSHIP SCARS CAN BE COMPLEX

Understanding complex trauma



Complex Post-Traumatic Stress Disorder (C-PTSD) is a psychological condition that arises from prolonged and repeated trauma, often occurring in interpersonal relationships such as those involving abuse, neglect, or violence. Unlike Post Traumatic Stress Disorder, which is typically linked to a single traumatic event, C-PTSD results from sustained exposure to trauma, leading to deeper and more complex psychological effects.

### **But I would like you to understand this as an injury, and not a disorder.**

C-PTSD results from sustained and repeated trauma, often occurring in childhood, which overwhelms a person's ability to cope. The analogy of an injury can be very helpful in understanding the condition.

For example, if a person falls and cuts their leg, that would be an injury. The bleeding that follows is a symptom of the injury, and its severity would depend on factors like the depth of the cut, previous injuries, and overall health. Similarly, C-PTSD symptoms can manifest as difficulties with concentration, angry outbursts, sleep disturbances, sadness, anxiety, and nightmares. These symptoms are natural responses to overwhelming and prolonged trauma.

Just as a physical injury can result from an obvious cause like a fall, C-PTSD can result from clearly traumatic events such as war or natural disasters. However, C-PTSD can also arise from less obvious, chronic trauma, such as emotional neglect, persistent criticism, or growing up in a dysfunctional family. These experiences may not be immediately recognized as traumatic, but they can have profound, long-lasting effects on an individual's mental health.

#### **Obvious Trauma vs. Less Obvious Trauma:**

- **Obvious Trauma:** This includes severe and easily identifiable events such as physical abuse, sexual abuse, and severe neglect. These experiences are widely recognized as traumatic and are more straightforward to link to C-PTSD.

- Less Obvious Trauma: This includes more subtle, chronic experiences such as emotional neglect, persistent criticism, or living in a highly dysfunctional family environment. These forms of trauma may not be immediately recognized or understood as deeply harmful but can have a profound impact on one's development and mental health.

Here is another thing to understand: **Trauma responses**. This can be understood as the body's and mind's natural reactions to overwhelming and prolonged stress. Just as an injury prompts a physiological response aimed at healing, trauma triggers a range of emotional and psychological responses designed to protect and adapt. These responses can vary widely in their manifestation and intensity, reflecting the unique nature of each individual's experiences and resilience.

In the context of C-PTSD, trauma responses often include:

- Hyperarousal: This can manifest as heightened anxiety, irritability, difficulty concentrating, and exaggerated startle responses. It's akin to the body's fight-or-flight mechanism being stuck in the "on" position.
- Intrusive Symptoms: These include unwanted memories, flashbacks, and nightmares related to the traumatic events. Such symptoms can be relentless, making it hard for individuals to escape the distressing past.
- Avoidance: Many people with C-PTSD will go to great lengths to avoid reminders of their trauma. This can lead to social withdrawal, avoiding certain places or activities, and emotional numbness.
- Negative Alterations in Mood and Cognition: Persistent feelings of sadness, guilt, or shame, along with a pervasive sense of hopelessness, are common. There may also be a distorted sense of self and others, leading to difficulties in relationships and trust.
- Dissociation: Some individuals experience a disconnection from their thoughts, feelings, or sense of identity, which can manifest as feeling detached from reality or as if they are observing themselves from outside their body.

## **TASK : Identify Your Trauma Response Questionnaire**

Reflect on your feelings and behaviours in your romantic relationship. Answer the following questions to help identify potential trauma response patterns.

**Grade each question with either (Rarely/Sometimes/Often/Almost Always), go with the response that best relates to your past/present experiences.**

- 1. Emotional Reactivity:** Do you often feel a heightened sense of anxiety or unease around your partner?
  - Do you frequently find yourself becoming irritable or having sudden outbursts of anger with your partner?
- 2. Avoidance and Withdrawal:** Do you avoid discussing certain topics or sharing your true feelings with your partner for fear of conflict or judgment?
  - Do you find yourself pulling away or needing distance from your partner when feeling stressed or overwhelmed?
- 3. Emotional Numbness and Indecision:** Do you frequently feel paralyzed or unable to make decisions within your relationship?
  - Do you struggle with feeling emotionally numb or disconnected from your own feelings and from your partner?
- 4. People-Pleasing and Self-Sacrifice:** Do you often prioritize your partner's needs and desires over your own, even when it is detrimental to you?
  - Do you find yourself frequently changing your behavior or opinions to avoid conflict and to please your partner?
- 5. Helplessness and Inaction:** Do you frequently feel a sense of hopelessness or helplessness about the future of your relationship?
  - Do you find it challenging to take action or make changes in your relationship, even when recognizing existing problems?

Reflection:

After completing the questionnaire, take some time to reflect on your responses. High frequencies in any category may suggest a dominant trauma response pattern in your romantic relationship. Recognizing these patterns is an essential step toward understanding and healing from past trauma.

# **NINE**

## **DAY NINE**

### **REAL EXAMPLE : OVERCOMING C-PTSD**

**Sarah's Story**





Sarah had always thought of herself as resilient, but her relationships told a different story. She often found herself in tumultuous partnerships, cycling through periods of intense connection followed by explosive arguments and emotional withdrawal. Deep down, she knew something was wrong, but she couldn't pinpoint the source of her distress.

It wasn't until her partner, Mark, gently pointed out the patterns he observed—her sudden anger, emotional withdrawal, and reluctance to express her needs—that Sarah decided to seek help. She began her healing journey - experimenting with therapy and other healing tools, hoping to understand why her relationships always seemed to follow the same painful trajectory.

Sarah slowly uncovered the root of her struggles. She began to explore her patterns and those took her to past relationships. Sarah's last relationship had been marked by emotional neglect, cheating and intermittent bursts of harsh criticism. These experiences had left deep emotional scars, shaping her responses in new relationships.

Sarah allowed objectivity to take over her and soon she could understand her past without putting any of her experiences or any person on an imaginary pedestal. She realized that her intense reactions in her relationship and towards her partner weren't flaws in her character but natural responses to the unwanted experiences she had endured.

## THE HEALING PROCESS FOR SARAH INCLUDED :

- Mindfulness and Self-Awareness: Sarah learned to identify when she was experiencing a trauma response. By recognizing these moments, she could pause and assess her feelings before reacting impulsively.
- Reframing beliefs: Sarah began to challenge and reframe the negative beliefs she held about herself and her relationships. This helped her to break free from the cycle of self-criticism and low self-worth.
- Attuning with her body: Sarah realised how trauma is stored in the body. By working through physical sensations and grounding techniques, Sarah could release the pent-up tension and anxiety that often drove her reactions.
- Building Healthy Boundaries: Sarah learned to assert her needs and set boundaries without fear of rejection or conflict. This practice was crucial in helping her feel more secure and respected in her relationships.

### The Impact of Healing:

As Sarah progressed in her journey, the changes in her relationship with Mark were profound. She started to communicate more openly, sharing her fears and insecurities instead of lashing out or withdrawing. Mark, in turn, felt more connected and understanding, knowing how to support Sarah during her vulnerable moments.

### Making Different Choices:

Healing allowed Sarah to make different choices in her relationships. She no longer felt compelled to stay in toxic dynamics or tolerate disrespect. Instead, she sought partners who valued open communication, mutual respect, and emotional support. Sarah's newfound awareness of her trauma and past hurt meant she could recognize red flags early and set healthy boundaries to protect her well-being.

### A New Perspective on Relationships:

With her trauma responses under control and a deeper understanding of her needs, Sarah found that relationships felt entirely different. She experienced a sense of calm and stability that had previously eluded her. Trust and intimacy flourished, and she felt empowered to be her authentic self without fear of rejection or abandonment.

DAY TEN

# LEARNING EMOTIONAL FREEDOM

Learn to clear the energetic imbalances that contribute to emotional distress



**Our bodies are not just physical structures; they are repositories of our experiences and emotions.**

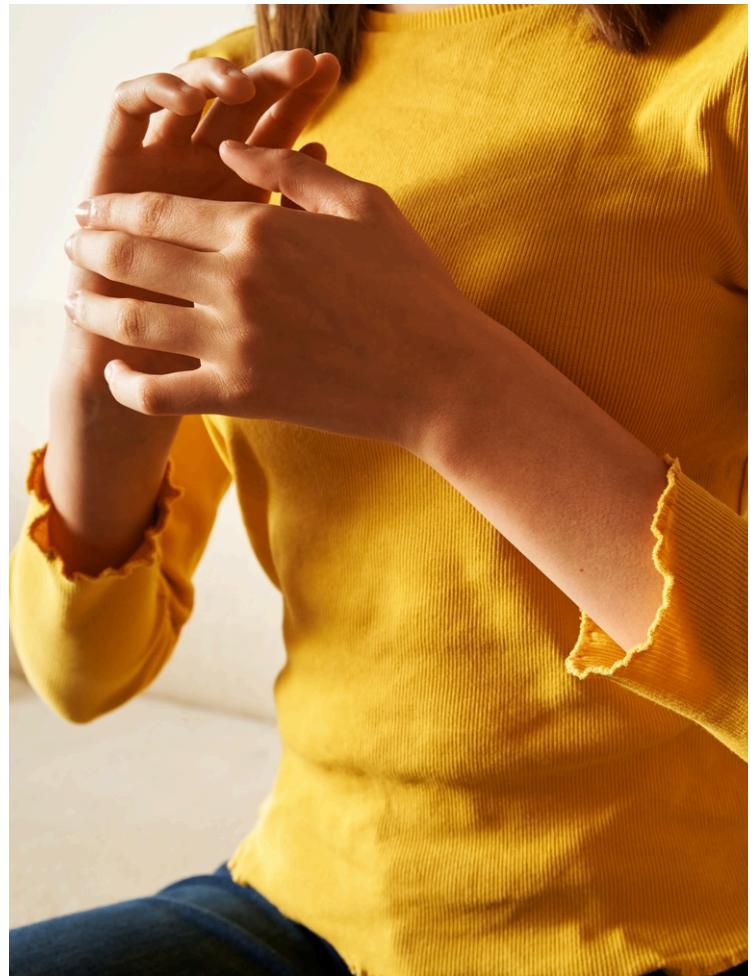
**When we undergo trauma or prolonged stress, the energy from these experiences can become trapped within our body, leading to imbalances and various forms of distress. This stored energy can manifest as physical tension, chronic pain, or emotional turmoil, indicating that the body is holding onto past trauma.**

**While mental work is crucial in understanding and processing trauma, it is equally important to address how trauma is stored somatically. This means recognizing and releasing the physical manifestations of stress and trauma within the body.**

- Emotional Freedom Techniques, commonly known as EFT or tapping, is a powerful tool designed to help release the energy blocks caused by trauma and stress. EFT involves gently tapping on specific meridian points on the body while focusing on the emotional issue at hand. This process helps to calm the nervous system, restore balance, and release the trapped energy.

EFT is a vast world and here are some resources to get you started. I particularly love how Claire from Soul Spheres makes it so easy to get started [here](#)

[And a beginner video here](#)



# ELLEVEN

## DAY ELEVEN

### THE IMPORTANCE OF SELF-TRUST

what you tell yourself is of utmost importance

# HOW PAST BAD RELATIONSHIPS ERODE SELF-TRUST

Past bad relationships can significantly erode self-trust, even for high achievers who excel in many other areas of life. A failed marriage or an abusive bond can deeply impact one's confidence and self-dialogue. Over time, the constant exposure to negativity, criticism, or manipulation can shift your inner narrative from one of confidence to one of self-doubt and uncertainty. The worst part is that this erosion often happens gradually and subtly, making it difficult to recognize until the damage is already done.

## **Impact of Bad Relationships on Self-Trust:**

### **1. Constant Criticism and Manipulation:**

- When you're in a relationship where your partner frequently criticizes or manipulates you, it can lead to questioning your own judgment and decisions.
- Example: A partner constantly telling you that your opinions are wrong or your feelings are invalid can make you doubt your own perceptions and emotions.

### **2. Emotional Abuse:**

- Emotional abuse, such as gaslighting or belittling, undermines your sense of reality and self-worth.
- Example: Being told repeatedly that you are "too sensitive" or "overreacting" can make you question whether your reactions and feelings are justified.

### **3. Infidelity and Betrayal:**

- Experiences of infidelity or betrayal can shatter your trust in others and yourself.
- Example: If your partner cheats on you and you didn't see it coming, you might start doubting your ability to read people and situations accurately.

- **Failed Marriages or Relationships:**

- The end of a significant relationship, especially if it ended badly, can lead to self-blame and a diminished sense of self-trust.
- Example: You might think, "If I couldn't make this relationship work, how can I trust myself to succeed in future relationships?"

## **The key is to IDENTIFY and RECOGNISE your INNER DIALOGUE :**

Inner dialogue is the ongoing conversation we have with ourselves in our minds. This self-talk can be positive and supportive, or it can be negative and critical. Negative inner dialogue often stems from past experiences, such as bad relationships, and can significantly erode our self-trust and confidence.

### **Eroded Self-Trust vs. Confident Self-Trust:**

#### **Eroded Self-Trust:**

- Inner Dialogue: "I always mess things up. I can't trust my decisions."
- Behaviour: Hesitation to make choices, relying heavily on others' opinions, avoiding new relationships.
- Feelings: Persistent self-doubt, fear of failure, and anxiety about the future.

#### **Confident Self-Trust:**

- Inner Dialogue: "I trust myself to make good decisions. I've handled challenges before and can do it again."
- Behaviour: Decisiveness, seeking input but ultimately trusting one's own judgment, openness to new experiences.
- Feelings: Confidence, self-assuredness, and a sense of inner peace.

### **Identifying Negative Inner Dialogue:**

Negative inner dialogue can be subtle and pervasive. Here are some common examples:

- Self-Criticism: "I'm so stupid. I always mess things up."
- Doubt: "I can't do this. I'm not good enough."
- Catastrophizing: "Everything is going to go wrong."
- Pessimism: "Nothing ever works out for me."
- Blame: "It's all my fault. I should have known better."

- **Exercise: Creating Distance with Inner Dialogue by Characterizing It**

A helpful technique for managing negative inner dialogue is to create distance from it by characterizing it. This involves personifying the negative voice in your head as a separate character. This exercise can help you recognize that these thoughts are not inherently true and that you have the power to challenge and change them.

**Step 1: Create a Character for Your Inner Voice:** Listen to your inner dialogue and give the negative voice a name and personality. Imagine what this character looks like, how they sound, and how they behave. You might find it helpful to draw or describe this character in detail.

**Step 2: Identify Negative Beliefs:** When negative beliefs crop up, identify them as coming from this character. Recognize these thoughts as the character's voice rather than your own.

**Step 3: Challenge the Character:** Have a conversation with this character. Ask them why they are saying these things. For example:

You: "Nancy, why do you keep saying I'm not good enough?"

Nancy: "Because I don't want you to get hurt again."

This process helps you understand the underlying fears and concerns driving the negative thoughts.

**Step 4: Respond with Compassion and Logic:** Use evidence from your life to counter the character's claims. For example:

You: "I appreciate your concern, Nancy, but I have succeeded many times before. Remember when I [mention a past success]? I can handle this too."

**Step 5: Reframe the Dialogue:** Transform the negative statements into positive or neutral ones. Practice this reframed dialogue regularly to reinforce a more supportive inner voice. For example:

Negative: "I can't do this."

Reframed: "I might find this challenging, but I can take it one step at a time and learn along the way."

Imagine you named your negative inner dialogue "Negative Nancy". She represents the critical inner voice that highlights flaws and discourages risk-taking in relationships. When considering a new relationship and feeling anxious, you can address Nancy by asking why she doubts your worthiness. Nancy reveals she wants to protect you from past hurts. By responding with compassion and reminding Nancy of your growth and resilience since the breakup, you affirm your capability to engage in a healthy relationship now.

# DAY TWELVE

## FLIP THE SCRIPT

Know what you want & embody it



# Shifting Focus from What We Don't Want to What We Desire in Relationships

In relationships, we often find ourselves fixated on what we want to avoid: conflict, misunderstanding, betrayal, or feeling unappreciated. While it's important to recognize these negative experiences, solely focusing on them can prevent us from understanding and pursuing what we truly desire. By shifting our attention to what we want in relationships—such as feeling safe, reassured, and valued—we can foster healthier, more fulfilling connections.

## Exercise: Flipping the Negatives

This exercise helps transform negative statements about relationships into positive affirmations, allowing you to focus on your desires rather than your fears.

### Step-by-Step Exercise:

#### 1. Identify the Negatives:

- Write down a list of negative thoughts or fears you have about relationships.
- Example:
  - "I don't want to be misunderstood."
  - "I don't want to feel anxious about my partner's feelings."
  - "I don't want to be hurt again."

#### 2. Flip the Negatives:

- Transform each negative statement into a positive one, focusing on what you do want in a relationship.
- Example:
  - "I want to be understood and appreciated."
  - "I want to feel secure and reassured about my partner's feelings."
  - "I want to experience trust and safety in my relationship."

#### 3. Create Positive Affirmations:

- Turn these positive desires into affirmations that you can repeat daily.
- Example:
  - "I am understood and appreciated in my relationships."
  - "I feel secure and reassured about my partner's feelings."
  - "I trust and feel safe in my relationship."

Once you have your positive affirmations, use them in a visualization exercise to reinforce your desires and manifest them in your life.

I am  
grateful for

## Step-by-Step Visualization:

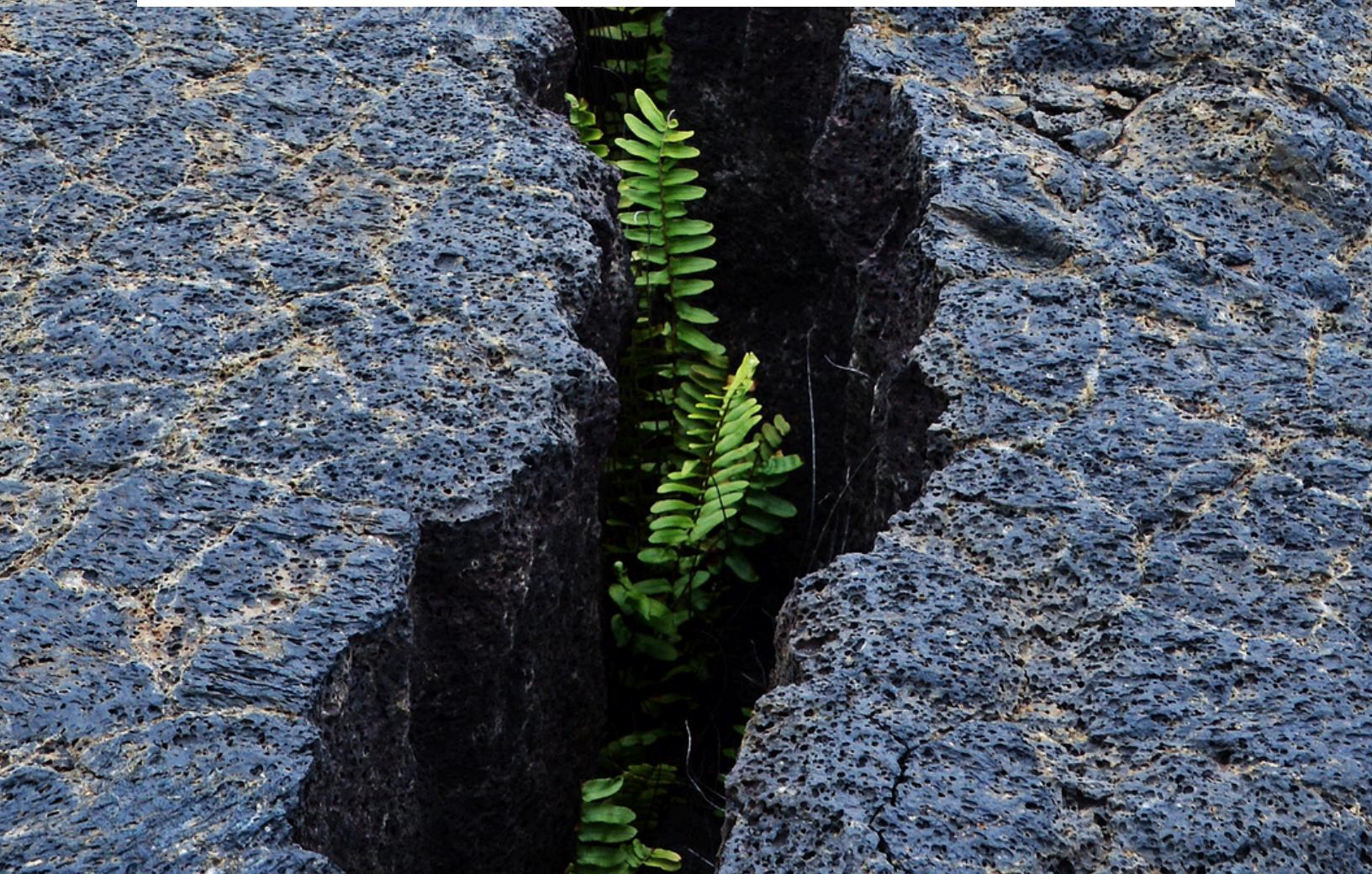
1. Find a Quiet Space: Choose a comfortable, quiet place where you won't be disturbed. Sit or lie down in a relaxed position.
2. Deep Breathing: Begin with deep breathing to calm your mind and body. Inhale slowly through your nose, hold for a few seconds, and then exhale slowly through your mouth. Repeat this for a few minutes until you feel relaxed.
3. Visualize Your Desires in Relationships: Take each positive affirmation and create a vivid mental image of it being true in your relationship.
  - Example:
    - Affirmation: "I am understood and appreciated in my relationships."
      - **Visualization: Imagine a conversation with your partner where you are openly sharing your thoughts and feelings. Your partner listens attentively, responds with empathy, and you both feel a deep sense of connection and appreciation.**
    - Affirmation: "I feel secure and reassured about my partner's feelings."
      - **Visualization: Picture yourself spending time with your partner, feeling relaxed and confident. Your partner expresses their love and commitment through words and actions, and you feel a profound sense of security and reassurance.**
    - Affirmation: "I trust and feel safe in my relationship."
      - **Visualization: Envision a moment where your partner supports you during a difficult time. You feel their unwavering support and trust, and this makes you feel safe and cherished.**
4. Engage Your Senses:
  - Make the visualization as detailed as possible by engaging all your senses. Imagine the sights, sounds, smells, and feelings associated with your positive affirmations.
  - Example: **For the conversation visualization, imagine the warmth of your partner's gaze, the sound of their comforting voice, and the feeling of their hand holding yours.**
5. Anchor the Feelings:
  - **As you visualize, focus on the positive emotions that arise. Anchor these feelings by creating a gesture or using an object that you can associate with this state of mind.**
  - **Example: You could press your thumb and forefinger together while visualizing, or hold a special stone that reminds you of feeling secure and appreciated.**

# THIRTEEN

DAY THIRTEEN

## EMOTIONAL RESILIENCE

understanding & developing it



# RESILIENCE

Resilience is the ability to adapt and bounce back when faced with adversity, trauma, or significant stress. It is not a fixed trait but a dynamic process that can be developed over time. Resilience plays a crucial role in maintaining healthy interpersonal relationships by enabling individuals to navigate conflicts, recover from setbacks, and grow stronger through challenges.

Miscommunications, hiccups, and fights are inevitable in any relationship. However, with resilience, these challenges can be managed more effectively, fostering a stronger and healthier connection.

Let's just understand resilience today. Here is a [great video](#) that breaks down resilience for us.

# FOURTEEN

## DAY FOURTEEN

### BUILDING RESILIENCE



Biological and social influences make some people seem more 'naturally' resilient than others, but the good news is that everyone can take steps to develop greater personal emotional resilience.

### **Resilience Building Rules to Live By :**

- Set boundaries, and practice being more assertive. If those around you are placing unrealistic demands or asking too much of you, practice being able to say no.
- Practice acceptance. Stress, pain and changes are a part of living. Acknowledge pain, knowing that it comes and goes, and that you can survive by looking after yourself. Reflect on what is in your power to change and what is not.
- Connect with others. Spending time with those we love, accepting their support, and speaking to them about things we find difficult can all help to feel more positive, and keep things in perspective.
- Find balance in your life. We all need to have a balance between routine, necessary and pleasurable tasks.
- Develop your self-awareness. How are you feeling? How is your body feeling? Name your feelings. Notice patterns in your feelings...why? Think about what's helpful and what's unhelpful to you. Adopt what is helpful and look after yourself.
- Allow yourself to be imperfect. Making mistakes is part of healthy living. Keep going and don't be discouraged by 'getting things wrong'.
- Allow others to be imperfect. All of us are fallible. When you are less critical of yourself, you are more able you will be able to extend this grace to others, and to allow them to extend the same to you.
- Look after yourself – practice self-care. Exercising, eating healthily, getting enough sleep, being with loved ones, receiving and giving help, having fun, relaxing, having quiet time, and avoiding too much alcohol or stimulants are all good for us.

- Keep things in perspective. Try to look at day-to-day issues from a broader perspective. Humour, a sense of purpose, love and giving to others, and other spiritual perspectives may also help.
- Be positive. Is there a good side to a bad situation? Look for it. Is possible, to see crises as challenges to overcome. Remind yourself of previous successes. Imagine how you think about and treat loved ones, extend the same kindness to yourself. What care, love, patience, kindness, hope, encouragement and forgiveness would you offer this person?
- Express Yourself. Tell others how you feel or express them in other more creative ways. This can help you to unload and 'let go' preoccupying thoughts.
- Notice your warning signs. Tiredness, hopelessness, enjoying things less, loss of appetite etc. Then take steps to look after yourself. Practice self-care, talk to someone and if things continue, don't hesitate to seek help.

But be mindful, **there are 3 SNEAKY ROADBLOCKS to Resilience.**

#### **Be careful of Personalization:**

**This is the tendency to internalize problems or failures, holding oneself accountable for negative events that occur.** This cognitive distortion leads to unnecessary self-blame and guilt, making it difficult to recover from setbacks. When we constantly blame ourselves for things that go wrong, we undermine our self-esteem and capacity to respond effectively to challenges.

- How to be careful: Recognize that not everything is within your control. Practice self-compassion and acknowledge external factors that may contribute to problems. Focus on what you can learn from the situation rather than solely blaming yourself.

#### **Be careful of Pervasiveness:**

**This involves assuming that negative situations affect all areas of our lives.** For example, losing a contest might lead one to feel that everything in life is going wrong. This kind of overgeneralization creates a sense of doom and gloom, which can paralyze our efforts to improve or enjoy other aspects of life.

- How to be careful: Understand that setbacks in one area do not define your entire life. Compartmentalize issues and recognize that they are specific to certain contexts. By keeping problems in perspective, you can maintain a balanced view of your life and appreciate the positive aspects.

### **And lastly, be careful of Permanence:**

**The belief that bad experiences or events will last forever.** This distortion leads to a sense of hopelessness and the mistaken notion that efforts to improve are futile. When we view problems as permanent, we feel overwhelmed and less likely to take proactive steps to recover or change our circumstances.

- How to be careful: Remind yourself that most situations are temporary and can change with time and effort. Practice positive affirmations and focus on potential solutions and improvements. Understand that setbacks are often transient and that you have the power to influence your future.

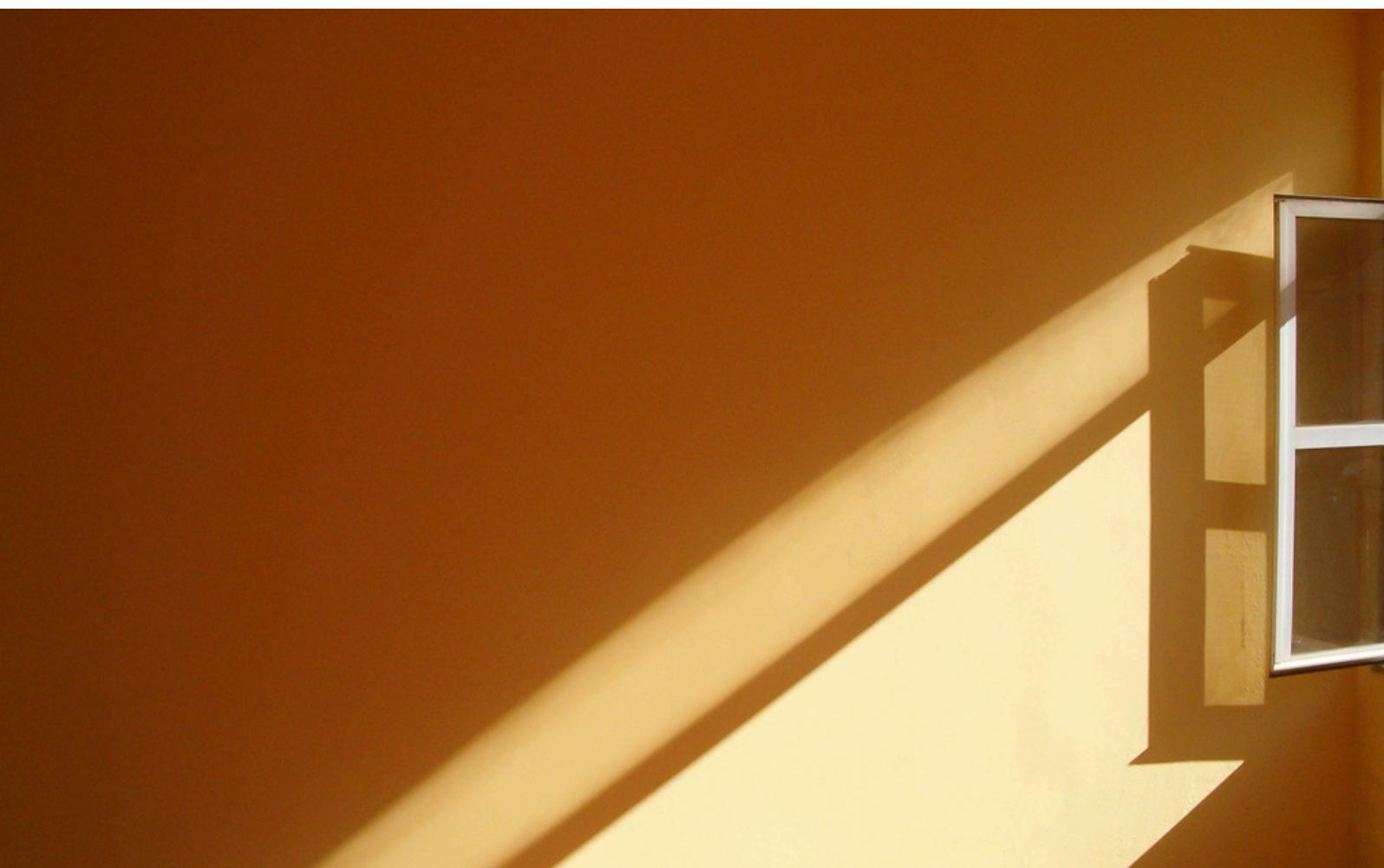
Checkout this great video by Psych2Go to understand more on what Resilient People do [here](#)

# **FIFTEEN**

**DAY FIFTEEN**

## **THE BIG B : BOUNDARIES**

**Understanding the importance  
of healthy boundaries**



If you are a person who struggles with setting boundaries, you might find it difficult to assert your needs and protect your well-being.

On the other hand, if you are someone who sets boundaries too rigidly, you might unintentionally push people away. No matter where you lie on this spectrum, it's important to understand that boundaries are often misunderstood yet incredibly vital.

Boundaries are essential for making any relationship work. They help define what is acceptable and what is not, allowing both parties to feel respected and valued. Without clear boundaries, relationships can become unbalanced, leading to resentment and misunderstandings.

Moreover, boundaries are crucial for maintaining your own peace and well-being. They allow you to protect your time, energy, and emotional health, ensuring that you do not overextend yourself or compromise your values. Setting boundaries doesn't mean being harsh or unkind; it's about being clear and assertive about your needs and limits. Effective boundaries foster healthier, more respectful relationships, where both individuals feel secure and understood.

Remember, boundaries are your friend. They are not walls to keep people out but rather guidelines to ensure mutual respect and harmony. Embracing and communicating your boundaries will help you build stronger, more fulfilling connections while preserving your inner peace.

And before I teach you a simple step to help you with boundaries the next time, along with some useful scripts, i want you to know why are boundaries important :

1. Protecting Your Emotional Well-Being: Boundaries ensure you are not exposed to behaviors or situations that cause emotional distress.
2. Building Self-Respect and Confidence: Establishing boundaries communicates to yourself and others that you deserve respect and care.
3. Encouraging Mutual Respect in Relationships: Boundaries clearly define acceptable behaviors and expectations, fostering respect and consideration.
4. Preventing Resentment and Burnout: Without boundaries, you may overextend yourself, leading to feelings of resentment and exhaustion.
5. Facilitating Authentic Self-Expression: Boundaries allow you to express your true self and needs without fear of judgment or rejection.

### **Today, change your mindset about boundaries:**

Boundaries boost your productivity. They create space and give you back control. Adhering to boundaries can enhance your sense of self-trust and confidence. Boundaries bring gains and may be the key to advancing in your life and achieving your health goals. Boundaries lead to success and abundance. They are essential goals.

Think of your personal boundaries as the fence between a walkable path and a deep, enticing forest. Without boundaries, you can get lost in distractions, shiny objects, and limiting beliefs. With clear boundaries, you can mark out a path that guides you through this forest.

Boundaries help you create the life path you desire. They can be emotional boundaries, time-related boundaries, boundaries in relationships, boundaries around phone usage, availability, work, spending money, or allocating time. Boundaries are as versatile as our lives and everyone needs, craves, and deserves different boundaries tailored to their unique needs.

If you have a hard time with boundaries, it's crucial to reframe your belief system around them. Shift from feeling shame, regret, or fear about setting boundaries to recognizing them as natural and empowering. **Boundaries are not barriers; they are essential tools that create space for growth and productivity.**

# SIXTEEN

DAY SIXTEEN

## THE BEAUTY OF BOUNDARIES

What not having them vs learning to build them did for Revathi.



*I want to introduce you to Revathi, whose journey into understanding the importance of boundaries holds a strong lesson for all who might be finding difficulties with boundaries.*

Revathi struggled significantly with setting boundaries in her previous relationship. Her partner had rigid boundaries but was not accepting of hers. Whenever Revathi attempted to voice her needs, she was met with resistance and guilt-inducing responses. For example, when Revathi wanted to spend time with her friends on weekends, her partner would accuse her of not caring about their relationship. This manipulation made Revathi fear that asserting her limits would drive her partner away.

In another instance, Revathi's partner would set strict rules about their work-life balance, demanding quiet and solitude after work hours, while Revathi was expected to be available at all times. This double standard eroded Revathi's self-esteem and left her feeling trapped and undervalued.

### **The Turning Point**

After years of compromising her needs and well-being, Revathi found the strength to leave the toxic relationship. This decision marked the beginning of her journey toward self-discovery and empowerment. She realized that setting boundaries was not only essential but also her right.

## Crafting Boundaries: The Three Pillars

Revathi began by establishing three specific boundaries around her time, work, and the people she would date.

- Time: Revathi decided to prioritize her personal time. She set clear limits on how she would allocate her time, ensuring she had enough for self-care, hobbies, and personal growth. For instance, she blocked out Sunday afternoons for herself, refusing any social engagements or work-related activities during this time. This practice helped her recharge and maintain a healthy balance.
- Work: At work, Revathi became more assertive in setting boundaries. She declined taking on tasks beyond her capacity and made sure to leave work on time. An example of this was when her boss asked her to stay late for the third time in a week. Revathi politely but firmly explained that she had prior commitments and needed to maintain her work-life balance. This boundary helped her reduce stress and prevent burnout.
- Dating: In her dating life, Revathi created firm boundaries about the type of partners she would engage with. She decided to only date individuals who respected her needs and communicated openly. On a date with a new potential partner, Revathi clearly communicated her boundary of needing alone time during the weekends. Her date's respectful and understanding response was a positive indication of mutual respect and compatibility.

## Thriving with Healthy Boundaries

With these boundaries in place, Revathi felt more empowered and in control of her life. Eventually, she met a new partner who respected her boundaries. When Revathi needed time for herself, her partner supported her decision and never made her feel guilty. For example, when Revathi expressed the need for a weekend retreat alone, her partner encouraged her and even helped her plan the trip. This respect and support created a foundation of trust and mutual respect.

Today, Revathi is in a thriving, happy relationship. She no longer fears setting boundaries; instead, she sees them as a vital part of her well-being and self-respect. Her journey illustrates that true love and respect go hand in hand with healthy boundaries.

## Lessons Learned

Revathi's story teaches us several crucial lessons:

**Boundaries are Essential:** They protect your well-being and ensure mutual respect in relationships.

**Communicate Clearly:** Articulate your boundaries directly and honestly.

**Respect is Key:** A healthy relationship is built on mutual respect and understanding of each other's boundaries.

**Empower Yourself:** Setting and maintaining boundaries empowers you to take control of your life and relationships.

**Healthy Relationships:** In a healthy relationship, both partners respect and support each other's boundaries without inducing guilt or fear.

The biggest thing Revathi did was to start living life authentically. She no longer waited for permission to be herself. This time around, she pursued what she wanted and what she needed without hesitation. Whoever came into her life knew what they were in for; she was transparent and unapologetic about her boundaries and aspirations. Revathi refused to view life through someone else's lenses and instead put on her own shades, seeing the world as she wanted to. This authenticity was a huge factor that allowed her to attract relationships that were genuinely supportive and respectful of her true self.

# SEVENTEEN

DAY SEVENTEEN

## THE CLEAR WAY TO SETTING BOUNDARIES

A simple 5 step formula to get you started  
with boundary setting



Here's a simple 5-step rule for getting started with boundaries, I like to call it CLEAR :

- 1. Confess Your Needs:** Accept and acknowledge your personal needs and limits. Recognizing them is the first step toward setting effective boundaries.
- 2. Look Back:** Reflect on past situations where a lack of boundaries negatively impacted you. Understanding these experiences can highlight the importance of setting boundaries.
- 3. Envision the Positive:** Consider the positive outcomes of establishing boundaries. Imagine how your life and relationships will improve when your limits are respected.
- 4. Articulate Clearly:** Communicate your boundaries directly and honestly. Use "I" statements to express your needs and expectations.
- 5. Remain Firm:** Adhere to your boundaries no matter how challenging it might be. Remember, it's not supposed to be easy, but it's crucial for your well-being.

SETTING BOUNDARIES IS YOUR RESPONSIBILITY FOR YOUR WELL-BEING. WHETHER THE OTHER PERSON ADHERES TO YOUR BOUNDARIES AND HOW THEY RESPOND IS UP TO THEM. NOBODY IS OBLIGED TO UNDERSTAND YOUR BOUNDARIES AND MAKE YOUR LIFE EASIER, BUT THE PEOPLE WHO TRULY LOVE YOU, UNDERSTAND YOUR VALUE, AND SEE YOU AS EQUAL WILL RESPECT AND HONOR THEM.



# EIGHTEEN

DAY EIGHTEEN

## BOUNDARY-SETTING SCRIPTS



HERE ARE SOME SCRIPTS TO HELP YOU NAVIGATE AND GET STARTED WITH DIFFICULT SITUATIONS. THIS IS JUST TO GIVE YOU AN IDEA OF HOW YOU CAN CRAFT YOUR BOUNDARIES, BUT FEEL FREE TO TWEAK THESE ACCORDING TO YOUR OWN LANGUAGE & TONALITY.

## At Work

1. Situation: A colleague constantly interrupts you while you are focusing on a task.
  - "Hey [Colleague's Name], I really appreciate your enthusiasm and input. Right now, I need some uninterrupted time to focus on this task. Can we schedule a time to discuss your thoughts later?"
2. Situation: Your boss frequently assigns you tasks outside of your work hours.
  - "I understand the urgency of these tasks, [Boss's Name]. However, I've found that working outside of my scheduled hours affects my productivity and well-being. Can we find a way to manage these tasks within regular working hours?"
3. Situation: A coworker frequently asks you to cover their shifts.
  - "I understand you might need help, but I also have my own commitments. I can't cover your shift this time."
4. Situation: Your manager gives you more work than you can handle.
  - "I want to ensure I deliver quality work. Can we prioritize these tasks so I can focus on the most critical ones?"
5. Situation: A colleague takes credit for your work.
  - "I appreciate that you value our collaborative effort, but I want to make sure my contributions are recognized as well."
6. Situation: A coworker invades your personal space.
  - "I feel more comfortable when we maintain a bit of personal space. Can we respect that boundary?"
7. Situation: Team meetings often run overtime.
  - "I think our meetings are productive, but going over the scheduled time affects my other commitments. Can we stick to the allotted time?"
8. Situation: You receive non-work-related messages during work hours.
  - "I prefer to focus on work during office hours. Can we discuss non-work-related matters during breaks or after work?"
9. Situation: You're expected to be available on weekends.
  - "I value my weekends for rest and personal time. Let's ensure all work-related matters are addressed during the weekdays."
10. Situation: A colleague often shares gossip.
  - "I prefer to stay out of office gossip. Let's focus on our work-related conversations."

## With Family

1. Situation: A family member expects you to attend every family gathering.
  - "I love spending time with the family, but I also need some time for myself to recharge. I may not be able to attend every gathering, but I'll make sure to join whenever I can."
2. Situation: A relative makes unsolicited comments about your personal life.
  - "I appreciate your concern, but I'd prefer to handle my personal matters on my own terms."
3. Situation: Family members frequently drop by unannounced.
  - "I love seeing you, but I need a little notice before visits to ensure I'm available."
4. Situation: A family member borrows money without repaying.
  - "I'm happy to help when I can, but I need the money returned as agreed. Can we set up a repayment plan?"
5. Situation: A relative criticizes your lifestyle choices.
  - "I understand we have different perspectives, but I would appreciate it if you respect my choices."
6. Situation: A family member involves you in their conflicts.
  - "I want to support you, but I don't feel comfortable being involved in this conflict."
7. Situation: Relatives expect you to do chores whenever you visit.
  - "I'm here to spend quality time together. Let's share the chores so we can all enjoy our visit."
8. Situation: Family pressures you to eat or drink things you don't want.
  - "Thank you, but I'd prefer to stick to my dietary choices."
9. Situation: A family member overstays their visit.
  - "I've enjoyed our time together, but I need some personal space now. Let's plan another visit soon."
10. Situation: A relative often borrows your belongings without asking.
  - "I'm happy to share, but I prefer you ask before borrowing my things."

## With Friends

1. Situation: A friend always wants to hang out even when you're busy.
  - "I value our time together, but I also need time to myself. Let's schedule our next hangout when I'm less busy."
2. Situation: A friend frequently cancels plans at the last minute.
  - "I understand things come up, but last-minute cancellations make it hard to plan. Can we try to stick to our plans or give more notice?"
3. Situation: A friend often borrows money and doesn't repay.
  - "I'm happy to help when I can, but I need the money returned as agreed. Can we set up a repayment plan?"
4. Situation: A friend is consistently late.
  - "I value our time together, but it's important to me that we respect each other's time. Can we agree to be punctual?"
5. Situation: A friend always talks about themselves without listening.
  - "I enjoy hearing about your life, but I'd also like to share my experiences. Can we balance our conversations?"
6. Situation: A friend pressures you to do things you're uncomfortable with.
  - "I appreciate your enthusiasm, but I'm not comfortable with that. Let's find something we both enjoy."
7. Situation: A friend uses your possessions without asking.
  - "I'm happy to share, but I'd prefer if you ask before using my things."
8. Situation: A friend invites themselves over too often.
  - "I enjoy your company, but I need some personal time too. Let's plan visits that work for both of us."
9. Situation: A friend expects you to be available 24/7.
  - "I care about you, but I need some time for myself and other responsibilities. Let's communicate at times that work for both of us."
10. Situation: A friend often makes hurtful jokes.
  - "I know you're joking, but those comments hurt my feelings. Can we avoid that kind of humor?"

## With Your Partner or Dates

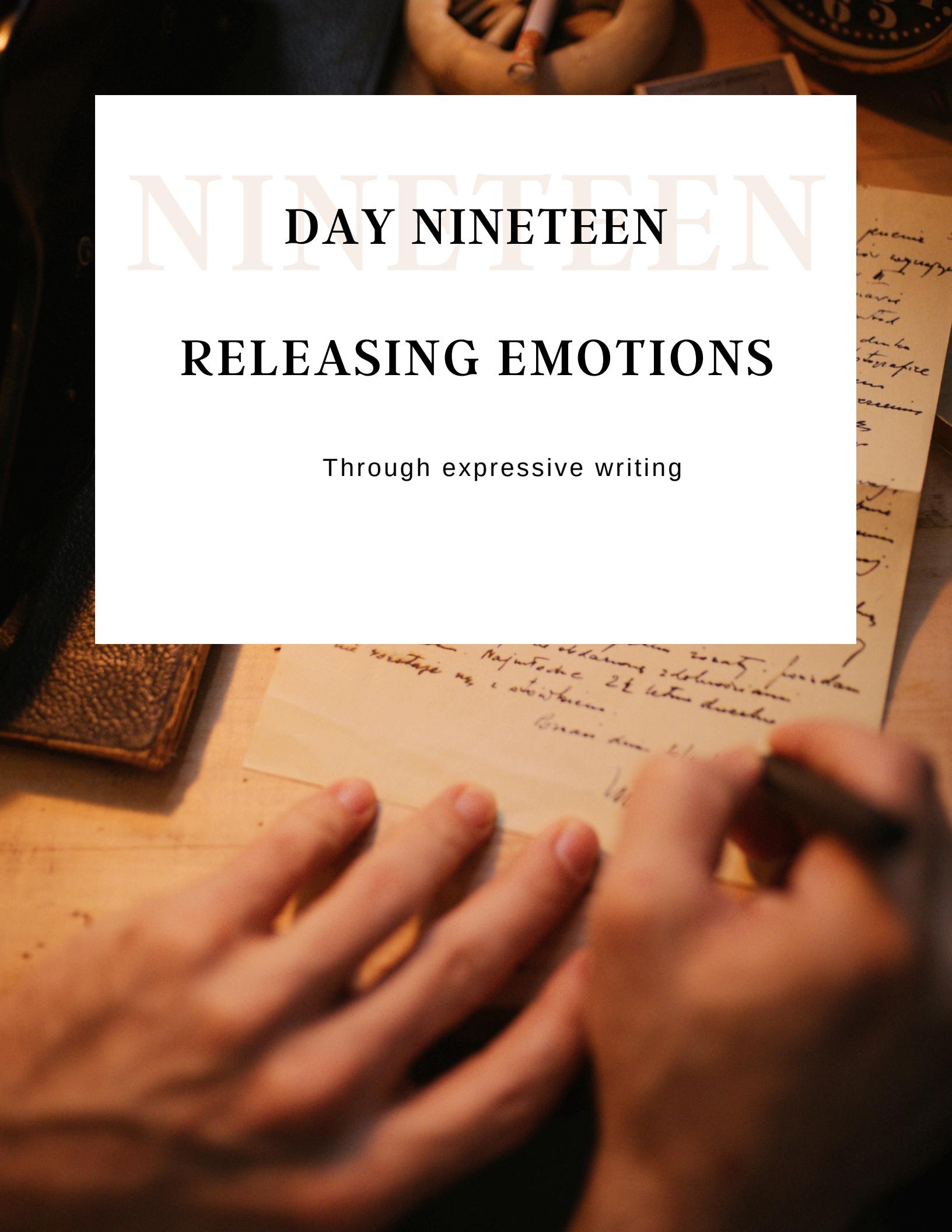
1. Situation: Your partner expects you to spend all your free time together.
  - "I love spending time with you, but I also need time for myself and my interests. Let's find a balance that works for both of us."
2. Situation: Your partner frequently interrupts you when you're talking.
  - "I feel unheard when I'm interrupted. Can we practice listening to each other fully before responding?"
3. Situation: Your partner checks your phone without permission.
  - "I value my privacy and trust in our relationship. I'd appreciate it if you didn't go through my phone without asking."
4. Situation: Your partner makes plans without consulting you.
  - "I appreciate your initiative, but I'd like to be involved in planning our activities. Can we discuss plans together?"
5. Situation: Your partner dismisses your feelings.
  - "My feelings are important to me, and I'd like them to be acknowledged. Can we talk about how we can support each other better?"
6. Situation: Your partner expects you to handle all household chores.
  - "I believe in sharing responsibilities. Can we divide the chores in a way that feels fair to both of us?"
7. Situation: Your partner pressures you to share personal information before you're ready.
  - "I need more time to feel comfortable sharing that. Can we take things at a pace that feels right for both of us?"
8. Situation: Your partner makes decisions that affect both of you without discussing them.
  - "I'd like to be part of decisions that impact us both. Can we make these decisions together?"
9. Situation: Your partner often criticizes your appearance.
  - "I appreciate your opinions, but I'd prefer if you didn't comment on my appearance. I need to feel accepted as I am."
10. Situation: Your partner dismisses your need for personal space.
  - "I value our time together, but I also need some alone time to recharge. Can we find a way to respect each other's space?"

# NINETEEN

DAY NINETEEN

## RELEASING EMOTIONS

Through expressive writing



# INTRODUCTION TO EXPRESSIVE WRITING FOR BOUNDARY SETTING AND HEALING

Expressive writing is a powerful technique that involves writing freely about your thoughts, feelings, and experiences without worrying about grammar, structure, or punctuation. This method provides a safe outlet for emotions that you might find difficult to express verbally, helping you process and understand them better. By externalizing internal experiences through writing, you can reflect on past situations where your boundaries were not respected, identify patterns and triggers, and gain greater self-awareness.

Writing about your experiences can allow you to articulate the boundaries you need and why they are important. This clarity is the first step toward confidently setting and maintaining boundaries in your relationships. Reflecting on past boundary violations helps you understand how these experiences have impacted your self-esteem and relationships, which is crucial for healing and moving forward. Through regular practice, you can develop a habit of self-reflection and emotional regulation, supporting ongoing personal growth and healthier relationship dynamics.

Expressive writing can empower you by reinforcing the idea that you deserve respect and that it's okay to prioritize your well-being. It does provide a therapeutic release of pent-up emotions associated with past boundary issues and can help in processing unresolved feelings and reducing emotional distress.

Let's get started on how you can begin doing it :



1. Set Aside Time: Dedicate 20-30 minutes each day for expressive writing.  
Choose a time when you won't be interrupted.
2. Find a Quiet Space: Sit in a comfortable, quiet place where you can focus.
3. Write Freely: Start writing about your past experiences where you struggled to assert boundaries. Don't worry about grammar, spelling, or structure. Let your thoughts and feelings flow freely onto the paper.
4. Explore Emotions: Dive deep into the emotions you felt during those times.  
Describe the situations, your reactions, and how they impacted you. Be as detailed as possible.
5. Reflect on Patterns: As you write, look for patterns or recurring themes in your experiences. Reflect on how these patterns have influenced your behavior and relationships.
6. Express Your Needs: Write about the boundaries you wish you had set and how you would like to assert them in the future. Describe what healthy boundaries look like for you.
7. Affirm Your Worth: End each writing session with positive affirmations about your right to set boundaries. For example:
  - a. "I deserve to have my needs respected."
  - b. "Setting boundaries is essential for my well-being."
  - c. "I am worthy of healthy, respectful relationships."
8. After a few weeks, review your writings. Reflect on any insights or changes in your perspective. Notice any emotional relief or clarity that has emerged.

Additional Resources you can refer to :

- Books:
  - "The Artist's Way: A Spiritual Path to Higher Creativity" by Julia Cameron: Includes exercises on expressive writing and creativity.
  - "Writing to Heal: A Guided Journal for Recovering from Trauma & Emotional Upheaval" by James W. Pennebaker.

# DAY TWENTY

## FORGIVE AND FORGET?

Understand why it is more important to understand and practice forgiveness



**Forgiveness is a crucial element on the path to healing from past trauma. It involves letting go of the anger, resentment, and hurt that often accompany traumatic experiences.**

**Why:** Releasing these negative emotions through forgiveness allows us to move forward and find peace. Holding onto past grievances can keep us trapped in a cycle of pain and bitterness, preventing us from fully experiencing joy and growth.

**What to forgive:** Forgiveness operates on multiple levels.

**Firstly, it involves forgiving others who have wronged us.** This doesn't mean condoning their actions or forgetting the pain they caused, but rather releasing the hold that their actions have on our emotional well-being. By forgiving others, we free ourselves from the burden of carrying around negative emotions that can weigh heavily on our mental and physical health.

**Secondly, forgiveness includes self-forgiveness.** Often, we blame ourselves for the traumas we've experienced, thinking we should have acted differently or prevented the situation. This self-blame can be just as damaging as resentment towards others. By forgiving ourselves, we acknowledge our humanity and imperfections, allowing for self-compassion and understanding. This internal forgiveness is essential for rebuilding our self-esteem and fostering a positive relationship with ourselves.

Forgiveness is actually important because it is about reclaiming our power and choosing to let go of the past to embrace a healthier, more fulfilling future.

# TWENTY-ONE

## PRACTICISING FORGIVENESS

Find out more about yourself by seeing what  
doesn't belong to you.



Forgiveness can often feel elusive and challenging, yet it holds the key to releasing the heavy burdens of past traumas. Practicing forgiveness is not about condoning harmful actions or forgetting the pain, but about freeing ourselves from the emotional chains that keep us anchored to past hurt. Through meditation, we can gently chip away at these emotional barriers, creating space for healing and inner peace.

Below are two powerful meditations that can guide you on this journey of forgiveness. Choose the one that resonates with you more deeply or that you feel drawn to practice. These meditations can help you unlock the forgiveness that seems so elusive, allowing you to let go of the weight that sits heavy on your heart. As you commit to this practice, you will begin to feel a gradual lightness and a sense of liberation from the past.

By setting the intention to forgive, you embark on a path towards emotional freedom. These meditations provide a structured and compassionate approach to releasing past hurts. Through regular practice, you will notice that the burden of unforgiveness slowly and steadily lifts, leaving you with a lighter, more peaceful heart. Embrace this journey with an open mind and heart, and allow the process of forgiveness to transform your inner landscape.

### Meditation one

### Meditation Two

# DAY TWENTY TWO

## RECLAIMING IDENTITY

How Maya lost and found her identity after a  
Traumatic Relationship



My name is Maya, and at 32, I felt like a shadow of my former self. After ending a five-year relationship with a partner who was emotionally abusive and controlling, I walked into therapy feeling utterly lost. I couldn't recognize the person I had become. I had lost my sense of self, and I didn't know how to find it again.

During the relationship, my partner's constant criticism and manipulation had eroded my self-esteem. I stopped pursuing the hobbies I loved, like painting and hiking. I distanced myself from friends and family, and even changed my career path to accommodate his demands. It felt like every decision I made was dictated by his needs and desires. I felt like I didn't know who I was anymore, and that feeling was overwhelming.

### **What Does Lost Identity Look Like?**

- Disconnection from Passions and Interests: I stopped painting, hiking, and reading mystery novels—things that used to bring me joy.
- Isolation from Loved Ones: I lost touch with friends and family because my partner disapproved of them.
- Lack of Self-Esteem: I constantly doubted myself and felt unworthy of love and respect.
- Changing to Please Others: I changed my career and lifestyle to fit my partner's expectations, losing sight of my own goals and values.
- Feeling Empty and Directionless: I felt like an empty shell, just going through the motions without any sense of purpose or direction.

### **Why Can This Happen After a Bad Relationship?**

- Emotional Abuse and Control: Constant criticism, manipulation, and control can make you doubt your self-worth and decisions.
- Erosion of Self-Confidence: Over time, you start believing the negative things your partner says about you.
- Isolation: Abusive partners often isolate you from friends and family, cutting off your support network.
- Sacrificing Your Needs: You might start prioritizing your partner's needs over your own, forgetting what you truly want and need.
- Fear and Anxiety: Living in a state of constant fear and anxiety can make it hard to connect with your true self.

## **My Journey to Reclaim My Identity**

Therapy was the first step in my journey. My therapist asked me to recall activities and interests I once enjoyed. This helped me reconnect with my past self. I started painting again, and it was like rediscovering a lost part of me. Creating art allowed me to express emotions I had suppressed for years. I also began hiking and reading mystery novels again, activities that made me feel alive and connected to myself.

I kept a journal to explore my thoughts, feelings, and experiences. My therapist gave me prompts to reflect on my values, desires, and passions. This exercise helped me identify what truly mattered to me. I wrote about wanting to feel valued and respected in my relationships and my desire to help others through my work.

Rebuilding my self-esteem was a challenging but crucial part of my journey. I had to confront the deeply ingrained belief that I was unworthy of love. I slowly learned to challenge negative thoughts and replace them with affirmations of my worth. I began to understand that my ex-partner's abuse was a reflection of his issues, not my value.

Reconnecting with friends and family was another vital step. These relationships helped me see myself through the eyes of those who loved me, reshaping my self-image positively. I realized that I was not alone and that there were people who genuinely cared about me.

### **The Transformation**

Slowly, with this self-work, I felt like a new person. I stood taller, spoke with more confidence, and embraced my individuality. I had reclaimed my identity, piece by piece, and was ready to step into the future with a renewed sense of self.

Months later, I started a new job as a social worker, helping others find their strength, just as I had found mine. I am finally feeling authentic, like "me" again and it's very freeing.

Reclaiming your identity after a traumatic relationship is not easy, but it is possible. It's about reconnecting with your true self, embracing your passions, and recognizing your inherent worth. If I can do it, so can you.

DAY TWENTY-THREE

## REDISCOVERING SELF EXERCISE





**Objective: To help you reconnect with your true self and reclaim your identity after a bad relationship or breakup.**

Materials Needed:

- Journal or notebook
- Pen or pencil
- Timer (optional)
- Comfortable space free of distractions

### **Part 1: Reflecting on Your Past Self**

#### **1. Set the Scene:**

- Find a quiet, comfortable space where you can focus without interruptions.
- Set a timer for 10 minutes (optional).

#### **2. Reflect on Who You Were:**

- Write about who you were before the relationship. Consider your interests, passions, values, and activities that made you happy.
- Prompt questions:
  - What hobbies did I enjoy before the relationship?
  - What were my core values and beliefs?
  - How did I spend my free time?
  - What were my dreams and aspirations?

## Part 2: Identifying Changes During the Relationship

### 1. Set the Scene:

- Set a timer for another 10 minutes (optional).

### 2. Reflect on Changes:

- Write about how the relationship affected your identity. Identify any changes in your behavior, interests, and values.

#### Prompt questions:

- What aspects of myself did I change or give up during the relationship?
- How did the relationship affect my self-esteem and self-worth?
- What parts of my identity were suppressed or ignored?

## Part 3: Rediscovering Your True Self

### 1. Reconnect with Old Passions:

- Make a list of activities and hobbies you used to enjoy before the relationship. Choose one to reintroduce into your life this week.
- Prompt questions:
  - What activities made me feel most alive and authentic?
  - How can I incorporate these activities back into my life?

### 2. Affirm Your Core Values:

- Reflect on your core values and beliefs. Write them down and think about how they guide your actions and decisions.
- Prompt questions:
  - What are my top five core values?
  - How can I live more authentically according to these values?

### COMMON CORE VALUES

- Integrity: Upholding honesty and strong moral principles.
- Respect: Valuing others' opinions, rights, and feelings.
- Compassion: Demonstrating empathy and kindness towards others.
- Responsibility: Being accountable for your actions and decisions.
- Perseverance: Showing determination and persistence in the face of challenges.
- Loyalty: Being faithful and dedicated to people and commitments.
- Honesty: Being truthful and transparent in your interactions.
- Creativity: Valuing originality and imaginative thinking.
- Independence: Valuing self-reliance and autonomy.
- Humility: Recognizing your limitations and valuing others' contributions.

- Family: Prioritizing and valuing relationships with family members.
- Community: Valuing connections and contributions to the community.
- Fairness: Treating others equally and justly.
- Generosity: Willingness to give time, resources, and support to others.
- Gratitude: Recognizing and appreciating what you have.
- Joy: Valuing happiness and positive experiences.
- Balance: Maintaining a healthy balance between different aspects of life.
- Growth: Committing to personal and professional development.
- Adventure: Seeking new experiences and embracing change.
- Wisdom: Valuing knowledge, insight, and sound judgment.

## Part 4: Building a Support System

### 1. Reconnect with Supportive People:

- Make a list of friends and family members who support and uplift you.  
Reach out to one person this week to reconnect and spend time together.
- Prompt questions:
  - Who are the people who truly support and understand me?
  - How can I strengthen my connections with them?

Note : Reconnecting with your support system is essential because it provides a foundation of emotional stability and encouragement, which is vital for personal growth and healing. Supportive friends and family offer a sense of belonging and acceptance, helping to counter feelings of isolation and loneliness that often accompany difficult experiences like a bad relationship or breakup. They provide perspective, share wisdom, and can help you see your strengths and achievements when you might be struggling to recognize them yourself. Additionally, a strong support system can offer practical advice, assistance, and a safe space to express your thoughts and feelings, all of which are crucial for rebuilding your confidence and reclaiming your identity. By reconnecting with those who genuinely care about you, you reinforce your emotional resilience and create a network of allies who can assist you on your journey towards a healthier, more fulfilling life.



# DAY TWENTY-FOUR

## POSITIVE AFFIRMATIONS FOR HEALING

Learn to craft affirmations that are unique to you and can support you in your healing journey



I attract  
all  
good  
things

**I know, I know.**

**Affirmations are an overused term in today's world.**

**But all said and done we can't deny what affirmations do for us if used correctly.**

**To help you get started, I just recommend ONE video -**  
**this**

**Just listen to this and see what you feel.**

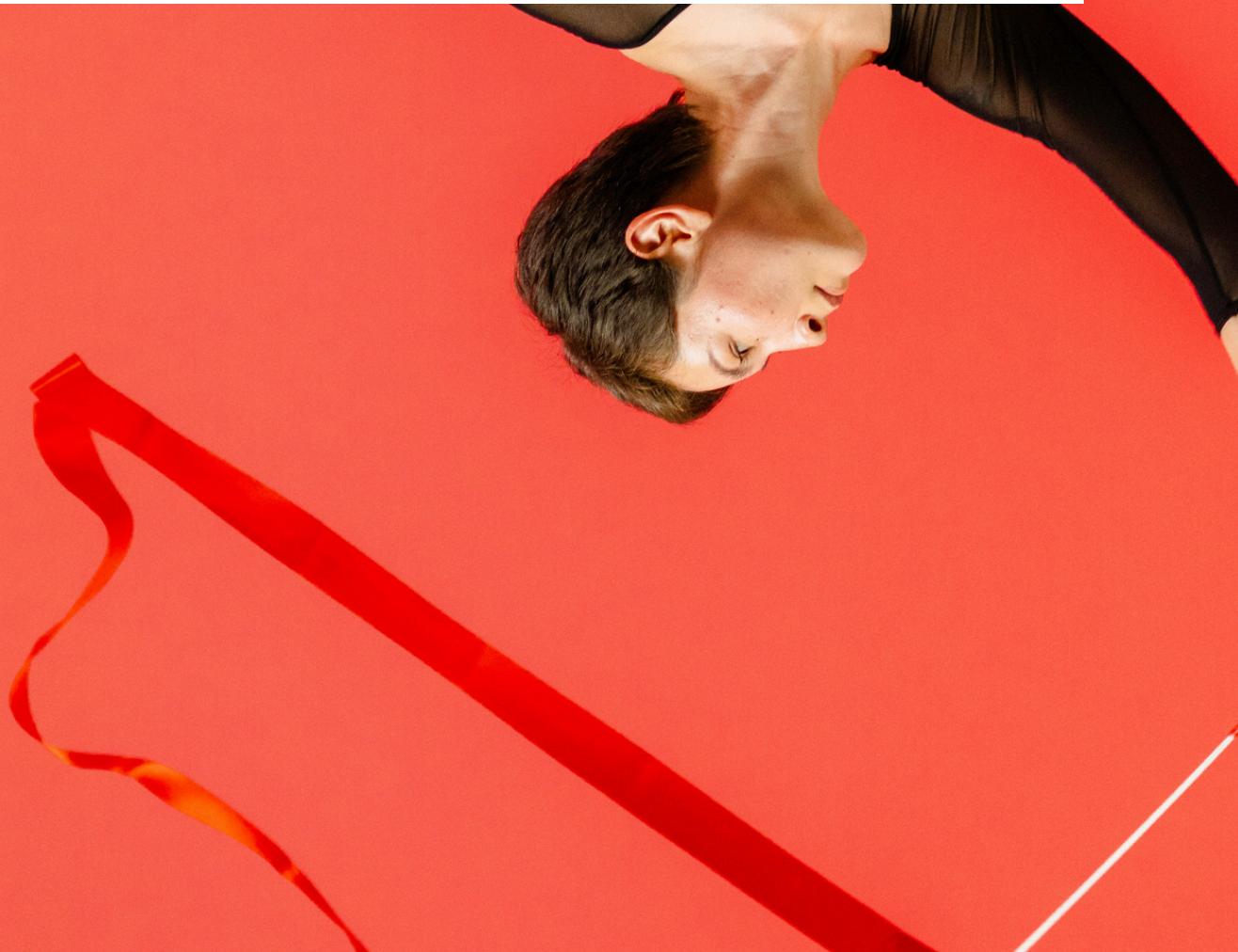


# TWENTY FIVE

## DAY TWENTY FIVE

## REBUILDING SELF-ESTEEM

tips and exercises for confidence



# 5 TIPS TO IMPLEMENT NOW :

## 1. Adopt a Confident Posture

Adopting a confident posture can significantly influence your mental state and how others perceive you. Research by Harvard psychologist Amy Cuddy and others has demonstrated the positive effects of adopting "power poses" on our hormones and overall sense of self-confidence. Here's how you can practice it:

- Stand Tall: Keep your shoulders back and head held high. This stance not only makes you look more confident but also sends signals to your brain that can actually make you feel more confident.
- Open Body Language: Avoid crossing your arms or hunching over. Open and expansive postures, like placing your hands on your hips or stretching your arms wide, can boost your feelings of power and confidence.
- Relaxed but Upright Sitting: When sitting, maintain a straight back, relaxed shoulders, and keep your feet flat on the ground. This posture helps in maintaining alertness and projecting confidence.
- Practice Regularly: Spend a few minutes each day standing or sitting in a power pose. Over time, this practice can help reduce stress and increase your confidence.

Tip: Try this before a stressful event, like a job interview or a difficult conversation, to boost your confidence levels.

## 2. Practice Mindfulness

Mindfulness is a powerful tool for enhancing self-awareness and reducing overthinking. It involves paying attention to the present moment without judgment. Here's how you can incorporate mindfulness into your daily routine:

- Mindful Breathing: Focus on your breath as it flows in and out. Notice the sensations of the air entering your nostrils, filling your lungs, and leaving your body. This simple practice can anchor you in the present moment.
- Body Scan: Take a few minutes to mentally scan your body from head to toe, noticing any areas of tension or discomfort. This practice can help you become more aware of your physical state and promote relaxation.
- Sensory Awareness: Pay attention to the sensory experiences around you. Notice what you can see, hear, smell, taste, and touch. This practice can help break the cycle of overthinking by grounding you in the present moment.

**Mindful Activities:** Incorporate mindfulness into everyday activities, like eating, walking, or cleaning. Focus on the sensations and experiences of the activity, rather than letting your mind wander.

Tip: Set aside a few minutes each day to practice mindfulness. Consistent practice can lead to significant improvements in your mental and emotional well-being.

### **3. Exercise Regularly**

Regular physical activity is one of the most effective ways to boost your confidence and overall well-being. Exercise releases endorphins, which interact with the brain's opiate receptors to produce feelings of happiness and reduce the perception of pain. Here's how you can make exercise a regular part of your routine:

- **Find an Activity You Enjoy:** Whether it's running, yoga, dancing, or playing a sport, choose an exercise that you find enjoyable. This makes it more likely that you will stick with it.
- **Set Realistic Goals:** Start with small, achievable goals and gradually increase the intensity and duration of your workouts. Celebrating these small victories can boost your confidence and motivation.
- **Schedule Regular Workouts:** Treat your exercise time as an important appointment. Schedule it into your day and stick to it as you would any other commitment.
- **Combine Exercise with Socializing:** Join a fitness class or find a workout buddy. Exercising with others can make the experience more enjoyable and provide additional motivation.

Tip: Even short bursts of physical activity can have a positive impact on your mood and confidence. Aim for at least 30 minutes of moderate exercise most days of the week.

#### 4. Visualize: Imagine Confidence

- Visualization is a powerful technique for building confidence by imagining yourself succeeding in various situations. To practice visualization, find a quiet place where you can sit or lie down comfortably without disturbance. Close your eyes and take a few deep breaths to relax your body, letting go of any tension. In your mind's eye, create a vivid image of yourself confidently performing the activity you wish to improve, paying attention to every detail, including your posture, facial expressions, and the environment around you. Engage all your senses to make the visualization as realistic as possible—hear the sounds, see the sights, and feel the emotions associated with your confident performance. By consistently practicing this visualization technique, you can reinforce a positive self-image and enhance your confidence in real-life situations.

Tip: Visualization is most effective when you consistently practice it. Try to set aside a few minutes each day for this exercise.

#### 5. Give Yourself Permission to Be in the Process, Take Risks, and Make Mistakes

**Mistakes** : Accepting that growth involves risks and mistakes is crucial for building confidence. Here's how you can embrace this mindset:

- Acknowledge Your Journey: Understand that everyone has their own path and timeline. Your progress is unique, and comparing yourself to others can be detrimental.
- Embrace Mistakes: View mistakes as opportunities for learning and growth rather than failures. Each mistake provides valuable feedback that can help you improve.
- Take Calculated Risks: Step out of your comfort zone and try new things. Whether it's speaking up in a meeting or trying a new hobby, taking risks can help you build confidence.
- Celebrate Small Wins: Recognize and celebrate your achievements, no matter how small. Each success is a step towards greater confidence.

Tip: Keep a journal to document your progress and reflect on what you've learned from your experiences. This can help reinforce a positive and growth-oriented mindset.

# DAY TWENTY-SIX TWENTYSIX

## FUTURE RELATIONSHIP GOALS

Defining what you want in future relationships



# **Okay, okay, you've heard of vision boards for careers and finances—but vision board dating? Well, that must be new. What is it and why does it exist? Let me explain.**

Vision board dating is all about creating a visual representation of your ideal relationship and dating goals using images, quotes, and affirmations. This technique helps you focus your intentions and manifest positive outcomes in your love life. It clarifies your desires, breaks negative patterns, and sets realistic expectations for future relationships.

## **The Benefits of Vision Board Dating**

Creating a dating vision board can offer numerous advantages, and I'd like to highlight a few more reasons why you should consider making one.

- 1. It Tames Your Negativity Bias :** We all have a natural inclination to focus on the negative rather than the positive, which can be detrimental to our relationships. Negativity can increase anxiety levels and hinder effective communication, making it difficult to form real connections. Vision board dating can help shift your focus to the positive aspects, improving your outlook and interactions.
- 2. It Fuels Your Imagination :** Albert Einstein said, "Imagination is everything. It is the preview of life's coming attractions." Imagination is crucial for enhancing curiosity, social interaction, and problem-solving skills. If you're tired of lackluster dating experiences or want to be more open to new opportunities, envisioning what you desire can make a significant difference.
- 3. It Breaks the "Hamster Wheel" :** If you find yourself dating the same type of person repeatedly, a vision board can help you identify who is genuinely good for you, not just who looks good to you. Include quotes and images that represent holistic compatibility, not just physical attraction, to break old patterns and find healthier relationships.
- 4. It Raises Your Own Bar :** A vision board can help you articulate your desires clearly, rather than expecting your partner to read your mind. For instance, if you enjoy day trips, specify the sites you'd love to visit with someone. This helps set realistic and fulfilling expectations for your dating life.
- 5. It Helps You Reach Your Ultimate Goals :** Whether your goal is to date more effectively or end the year with a committed partner, vision board dating can help you achieve it. By honing in on what you truly desire and meditating on those goals, you create a clear plan to reach them.

TWENTYSEVEN

# DAY TWENTY SEVEN

## CREATING THE STUFF OF YOUR DREAMS

Vision Board Exercise

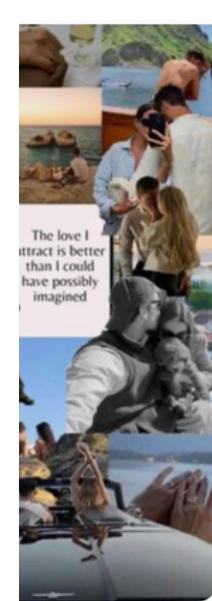


In order to get started with your vision board and create something truly meaningful & impactful, here are some questions that you should ask yourself:

- What kind of person would you like to date?
- What types of things do you enjoy doing?
- What things would you like you and your future partner to have in common?
- What is an ideal first date to you?
- What's your idea of a dream date?
- What dates speak to your love language?
- Where are some places that you've always wanted to go?
- What are both your short as well as your long-term goals when it comes to dating?
- What are some words that you want to apply to your overall dating experience?
- What would you like to learn about yourself from dating during this season of your life?

Now, based on those 10 things/themes, find words, pictures, quotes, poetry — anything that you can either tack onto a physical board or you can copy and paste onto your digital vision board.

Then, commit to spending 30 minutes a week looking at the board, adding to the board, and/or meditating on the board. Because embodying and feeling is everything!

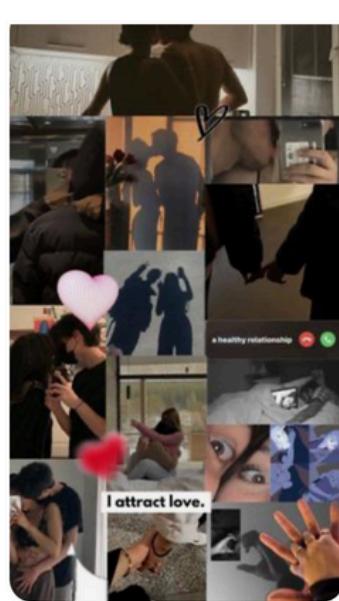


Aesthetic Attractin >



Spiritual Couple Quotes Positive >

SP affirmations



Couple For Vision Board Manifest >

Vision board!



Ceo Woman Aesthetic Vision Board >

manifesting 2022 | vision board 2022



My partner naturally makes me feel secure and loved.



Femininity Vision Board Manifest



great fucking sex, a good laugh, partner in crime, epic conversations, a friendship, honesty, unquestionable loyalty

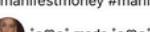
In My Happy Era Rowan Aelin



Money, wealth, love, soulmate, travel, luxury lifestyle, girl boss



Vision Board Black Woman Relations >  
relationship quotes ↗  
#spiritual #manifestation #manifest #manifestmoney #manifestwealth...

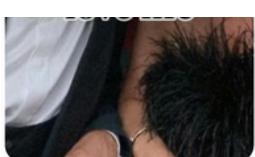


Couple Holiday Aesthetic Relation >

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Handsome Man Vision Board Love >  
#relationship #wallpaper #love  
#soulmates

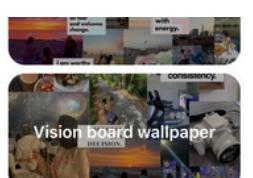


Love Life Couple Goals Luxury

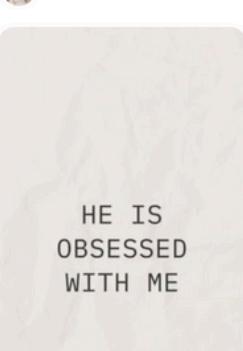
Living

526

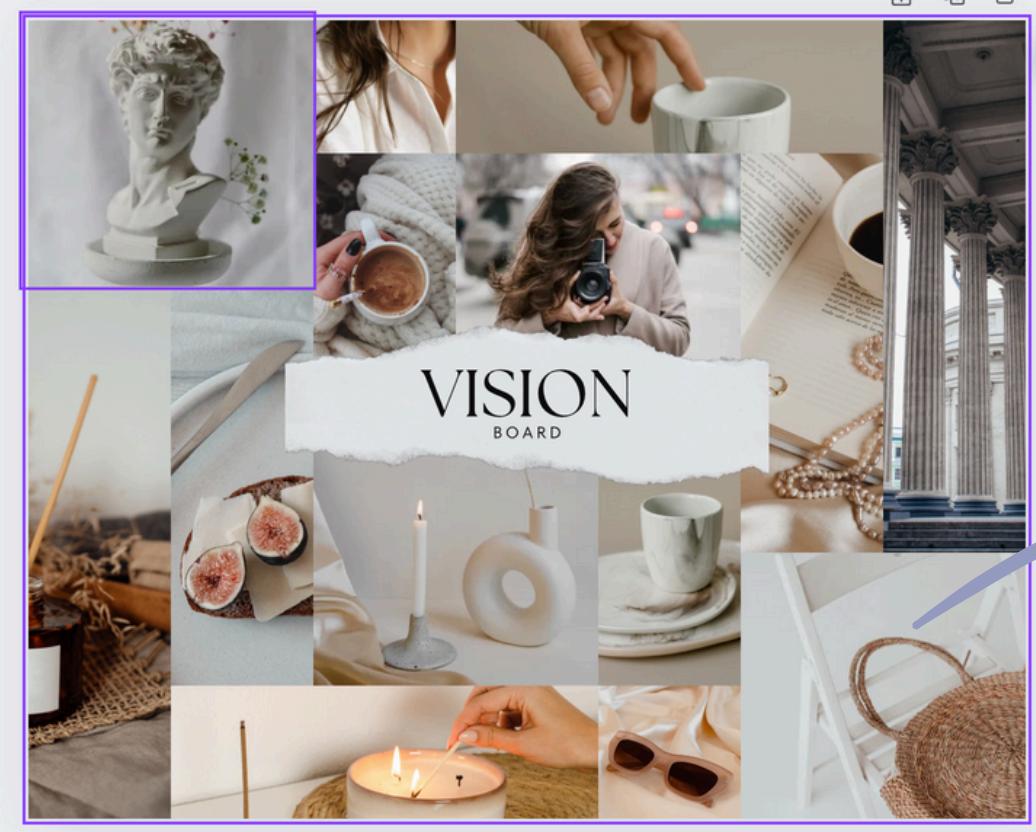
Men's Lifestyle Hub



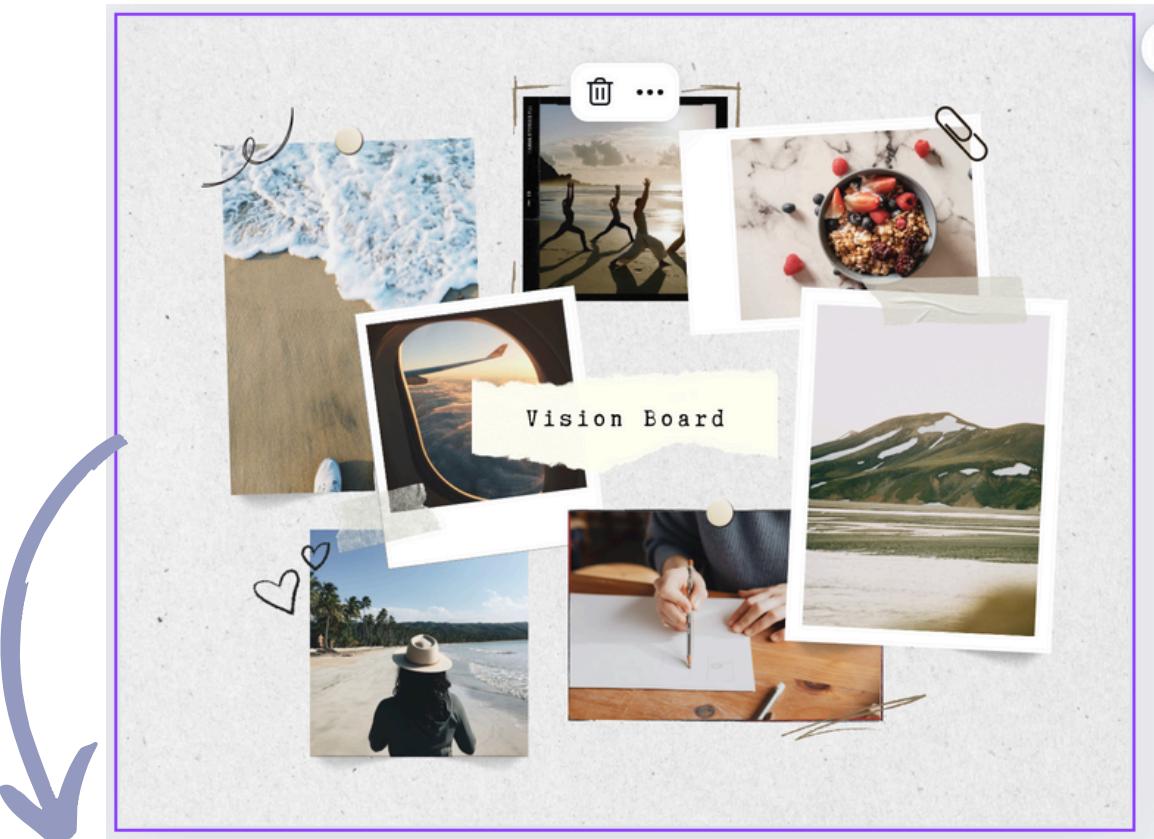
The money I spend will always be replaced by more



Couple Holiday Aesthetic Relation >



[COMPLETELY CUSTOMIZABLE VISION BOARD TEMPLATE HERE](#)



[ANOTHER ONE HERE](#)

TWENTY EIGHT

DAY TWENTY EIGHT

INTEGRATING NEW  
SKILLS INTO DAILY LIFE



You've made it to Day 28 of your 30-Day Relationship Detox Journey—how awesome is that? Today, we're focusing on integrating all those fantastic new skills you've learned into your daily life. Think of it as taking everything you've been practicing and making it a natural part of who you are.

## **Applying What You've Learned**

So, what have we covered so far? From setting healthy boundaries to communicating effectively, recognizing your worth, and letting go of toxic habits, you've gained a toolkit full of skills. Now, it's time to make these skills a seamless part of your everyday routine.

1. Daily Reflection: Start or end your day with a quick reflection. How did you use your new skills today? What went well? What could be improved? This keeps you mindful and intentional about your growth.
2. Practice Makes Perfect: Just like learning to ride a bike, these skills get easier the more you use them. Don't be afraid to make mistakes—that's how you learn!
3. Stay Consistent: Consistency is key. Whether it's setting boundaries, practicing self-love, or improving communication, make a conscious effort to apply these skills regularly.
4. Seek Feedback: Don't hesitate to ask trusted friends or family members for feedback. They can provide valuable insights into how you're doing and areas you might still need to work on.
5. Celebrate Small Wins: Every step forward is progress. Celebrate your small victories—they add up to big changes over time.

**Task:** Take a few minutes to jot down three skills you've learned during this journey. Next to each skill, write down one way you can integrate it into your daily life starting today.

TWENTYNINE

DAY TWENTYNINE

REFLECTING ON THE  
JOURNEY



You're just one day away from completing this incredible journey. Today is all about reflecting on your progress and growth. It's time to look back and see how far you've come.

## Reviewing Progress and Growth

Reflection is a powerful tool. It helps you understand your journey, recognize your achievements, and identify areas for future growth. Let's dive in!

1. Review Your Journal: If you've been keeping a journal, go back and read through your entries. Notice the changes in your thoughts, feelings, and actions.
2. Acknowledge Your Achievements: Make a list of all the things you've accomplished during this journey. Big or small, every achievement counts. Give yourself credit where it's due!
3. Identify Challenges: Reflect on the challenges you faced. How did you overcome them? What did you learn from these experiences?
4. Recognize Your Growth: Think about how you've grown emotionally, mentally, and even physically. Celebrate this growth and feel proud of yourself.
5. Set Future Goals: Based on your reflections, set some goals for the future. How can you continue this positive momentum? What new skills or habits do you want to develop?

**Quick Task:** Spend 10-15 minutes reflecting on your journey. Write down three major accomplishments and three areas you'd like to continue working on. Share these reflections with a friend or keep them in your journal as a reminder of your amazing progress.

This could be a good day to assess your post-program growth and see how far you have come too!

# THIRTY

DAY THIRTY

## CELEBRATION AND MOVING FORWARD



**Congratulations! You've reached Day 30 of your 30-Day Relationship Detox Journey. Today is all about celebration and looking ahead. You've done something incredible, and it's time to acknowledge your hard work and set your sights on the future** 

1. Take a moment to truly celebrate your accomplishment. Whether it's a small treat, a special activity, or just some quiet time to reflect, do something that makes you feel good.
2. Look back on the past 30 days. What are the most significant changes you've noticed? How do you feel compared to when you started?
3. Talk about your experience with someone you trust. Sharing your journey can reinforce your progress and inspire others.
4. Remember the vision board you created on Day 27? Take some time to review it. Look at the images, quotes, and goals you included. How powerfully do they resonate with you? Tune into the excitement, the butterflies or the hope that it gives you. Tune in to the excitement.
5. Remember, growth is a continuous journey. Stay connected with the tools you have acquired and the perspectives you have learnt on this journey. Read more about them, and work on the areas you think need more work and you will continue to grow and thrive on your journey.

**Final Task (DON'T SKIP): Celebrate your success by doing something special for yourself today. It can be something as simple as ordering your favourite takeaway or going all out and having a wine party but do celebrate in any way that feels authentic to you.**

**Then, take a few minutes to write down your future intentions based on the vision board you created on Day 27. What goals and dreams are you excited to pursue? Keep this list somewhere visible as a daily reminder of your journey and your future aspirations.**

This journey ends here. But a new, exciting, conscious journey for you has just begun. I wish you all the best and congratulations in advance for all the beautiful things that you will manage to achieve over your lifetime.

For any support or enquiries, write to [contact@relationshiptherapy.in](mailto:contact@relationshiptherapy.in) or visit my website [www.relationshiptherapy.in](http://www.relationshiptherapy.in)

I would love to hear about your experience of being a part of the 30-Day Detox so feel free to drop a mail or slide into my DMs on Instagram.

Thank you for allowing me to be a part of this journey with you.

*xoxo*  
Kasturi