TRIBE UPGRADE

You can't change the people around you, but you can change the people around you.

As much as we can control how we respond to Spider encounters, there's no way to control their behavior. Undoubtedly, what's most important and most in our control is with whom we choose to spend our time. There's truth to the notion that we become the combined sum of the five people closest to us. For this purpose, let's call them our Tribe.

ACTIVITY 1: TRIBE APPRAISAL (TIME: 5-10 MINUTES)

You've already used the Spider Spotter to list, classify and rate everyone in your direct orbit. Now let's take a closer look at your inner circle and appraise how each member of your Tribe affects you. Focus on those who drain your energy and sap your happiness. Is this a constant? Do they contribute any positivity and joy to your life? Do they have your best interests at heart? Are there any energy vampires who keep you beholden?

ACTIVITY 2: TRIBE UPGRADE (TIME: 5-10 MINUTES)

Let's say there are members of your Tribe who, for whatever reason, have to remain in your life. To what degree can you better insulate yourself? Setting boundaries is about self-kindness. Say no to work, love, or activities that deplete or harm you physically, mentally, emotionally, spiritually and poorly reflect who you know yourself to be.

Are there certain friends holding you back, always judging and may even take pleasure in your pain and loss rather than in your happiness and success? These are "frenemies." Healthy people don't go around destroying others. Rid yourself of harmful relationships. This is the right time to consider your own well-being in relation to your romantic partner. If your happiness with this person is nowhere in sight, then it's time to value yourself.

Trust your personal warning system when stress seeps into your sleep. Again, if you wake up in the middle of the night or first thing in the morning and a certain person or situation is inflicting involuntary stress, it's time to make that a high priority to seek relief. This can be more pronounced when someone preoccupies your conscious thoughts. Remember, those who mistreat you are the ones with something wrong.

Now is the opportunity to upgrade your Tribe. Who might belong in your inner circle instead? Who lifts you up? What can you do to deepen those relationships? Make the effort. Is anyone in your life with whom you've severed ties worthy of reconciliation? What would it mean to find and make peace and rekindle those relationships?

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