PERSONAL RELATIONSHIP ASSESSOR

"Life should be enjoyed not endured"

Now that you've taken an [internal] Perception Snapshot of what you think of yourself, our Personal Relationship Assessor is exclusive to how you treat yourself. How's that relationship going these days anyway?

As we just defined, self-respect is a facet of self-esteem specific to our values. However, it's also related to how we allow others to treat us. Self-respect supplies us with the armor to not be put down by others because you already know your self-worth.

Together, self-respect and self-esteem are the essential ingredients that fuel self-love, which is more about our active relationship with and our behaviors toward ourselves. If we think of our ideals for a romantic relationship, such as by holding that other person in high regard and treating them like gold – so to speak – self-love is the mirror image of that relationship with ourselves.

Self-love is about having a high regard for your own well-being and happiness, in part, by not settling for less than you deserve. It's about taking care of your own needs and not sacrificing your well-being to please others.

We've all heard the saying that we cannot love others until we love ourselves. Most of us know that the more love we experience within and for ourselves, the more we attract it into our lives. The more love we have for ourselves, the more love we have to give. The more we surround ourselves with love, the more it feeds our own. We'll explore this energy exchange more extensively.

As with many other core topics we're covering, cultivating self-love can be like conditioning an unused muscle. It comes down to making yourself change behaviors and turn them into habits. It may feel uncomfortable at first and involve a workout routine.

So where are you with this? If you could meet your exact self as another person, would you like them? Would they be a good friend? Would they seem kind, genuine and loving? Would they have time and patience to invest in your friendship?

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Would you feel good in their presence? Would they make you laugh? Would you truly want to spend time with them? Would they be a good influence? Though it may seem a bit corny to say: no one spends more time with you than you.

I believe there's one simple fact on which we can all agree, which is that nowhere on this planet is there someone just like you. You are the first you there has ever been or ever will be. As obvious as that is, what's not as much is knowing how truly special that makes each and every one of us.

In truth, there are a significant number of people who have never forged a genuine relationship with themselves. Given that you're here, the odds are that you're not among them. If, for whatever wrong reason, you struggle to believe in yourself, start there.

And yet too many of us do not feel worthy of love and goodness and, therefore, gravitate towards self-sabotage. A lot of people deserve more than what they believe they can have and never get because they don't believe in themselves.

What will it take to believe? What's standing in the way of seeing yourself as who you aspire to be? If, for whatever wrong reason, you struggle to believe in yourself, start there.

On a positive note is the importance of just being good to yourself.

ACTIVITY: 1 – PERSONAL RELATIONSHIP INDICATOR (TIME: 5 MINUTES)

SELF-RELATIONSHIP		ENTIRELY	MOSTLY	USUALLY	SOMEWHAT	SLIGHTLY
● Do you love yourself?						
● Do you take care of yourself?						
○ Are you a complainer?						
● Are you kind to yourself?						
● Are you your own best friend?						
○ Are you a worrier?						
● Do you believe in yourself?						
● RATING A →	POOR = 5-8	FAIR = 9-13	GOOD = 14-17	GREAT = 18-21	AMAZING = 22-25	
○ RATING B →	POOR = 2-3	FAIR = 4-4	GOOD = 5-6	GREAT = 7-8	AMAZING = 9-10	

NOTE: THE RATING CALCULATION FOR THIS ACTIVITY HAPPENS LATER. PLEASE WAIT.

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ACTIVITY: 2 – SELF-CARE INVENTORY (TIME: 15 MINUTES)

The following are open-ended warm-up questions to establish a baseline about your personal relationship.

1) What brings you joy?

2) How would you describe your positive self-care behaviors and rituals, such as diet, exercise, meditation, hobbies, etc.?

3) Do you have any seriously negative harmful behaviors, such as smoking, drugs, gambling, over-eating/weight gain, self-sabotage?

4) Do you contend with any physical or mental health afflictions? Feel free to list (or not)

5) What conscious efforts do you make to stay present, such as meditation, hyper-focused mindfulness practices, yoga, martial arts and the like?

6) What are your current life stressors, such as finances, sick loved one(s), relationship distress, break-ups (likely indicated in External Perception Snapshot).

7) How would you characterize your usual inner monologue, be that supportive, encouraging and positive or abusive, judgmental and negative?

8) How are you ever unkind to yourself?

9) Is there anything you need to do and not give yourself a choice to do it?

10) Do you know your "why?" If so, please describe and indicate whether you are committed to make your dreams real, no matter what.

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ACTIVITY: 3 – PERSONAL RELATIONSHIP ASSESSMENT (TIME: 15 MINUTES)

SELF-RELATIONSHIP INDICATORS – "I":	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
● Know who I am and who I am not				
● Don't let my inner critic derail or defeat me				
○ Find myself boring				
● Avoid arguments				
● Don't obsess about what I don't get done				
○ Am codependent				
● Am supportive and encouraging of myself				
● Believe I am beautiful				
○ Am not good enough				
● Don't believe everything my internal voice says				
● Deserve to be loved and respected				
○ Let those I care about down				
● Know what makes me happy				
● Am good at socializing				
○ Let others drag me down				
● Have a healthy balance of work and play				
● Expect people to be good and kind to me				
○ Mess up everything I touch				
● Connect with my inner wisdom every day				
● Nourish my body with good food, sleep.				
○ Ask others if they love me				
● Don't compare my body with others				
● Stand up for myself				
○ Will never amount to anything				
● Able to deal with rejection				
● Love my body just as it is				
○ Am afraid of rejection from friends				
● Am not hard on myself, at least not for very long				
● Feel happy, healthy and vibrant				
○ Feel regretful and or shameful about my past				
● Know what I desire in life				
● Take responsibility for my life				
○ Feel like I am a failure				

● RATING A →	POOR = 22-34	FAIR = 35-48	GOOD = 49-64	GREAT = 65-74	AMAZING = 75-88
○ RATING B →	POOR = 39-44	FAIR = 33-38	GOOD = 26-32	GREAT = 18-25	AMAZING = 11-17

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SCORING

The Personal Relationship Assessment involves two ratings based on the following point system: **Strongly Agree = 4 | Agree = 3 | Strongly Disagree = 2 | Disagree = 1**

To do the math, first add the ratings and total your score for the positive questions, indicated by a filled bullet point (●). Then do the same for the negative questions, indicated by an unfilled bullet point (○). Your final rating should be the same or in close proximity. Hope you like it (and yourself)!

Now that you know the scoring system, complete a similar calculation for the Personal Relationship Indicator you completed earlier. In that case, the point system is as follows: **Entirely = 5 | Mostly = 4 | Usually = 3 | Somewhat = 2 | Slightly = 1**

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