

A Necessary Life Curriculum

A STEP INTO THE GRANDEUR-OF-YOU

Boundaries, Habituation & Conditioning

YOU DON'T KNOW WHAT YOU DON'T KNOW AND WHEN YOU **DO** KNOW
THEN YOU GET TO CHOOSE DIFFERENTLY.... KNOW **YOU** AND CHOOSE DIFFERENTLY

- 1) I did not share my true feelings about the relationship because they might make the other person uncomfortable.
- 2) I did not express when I was unhappy because that would make them not want to do the work to fix it because I felt I was unworthy of being focused upon.
- 3) I hid my successes because I didn't want someone feeling less than me.
- 4) I didn't make decisions, it was always, 'you pick' because my wants came second.
- 5) I didn't share when things were hard for me in my personal life because I didn't want to be a burden and I didn't know my feelings were valuable.
- 6) I did not ask for hugs or closeness when I needed it because I didn't want to seem needy.
- 7) I did no share my "breakdowns" because I did not want to appear "crazy".

LEARNING YOUR REAL TRUTH
KNOWING YOUR POWER
MAKING SELF-HONORING CHOICES
COMMUNICATES....THE REAL **YOU**.

