

# Don't Be a Fool In Your Relationships!

## A 4-DAY ENGAGEMENT WITH RaShawn-Renée

Being a "Fool" meaning, foolish behavior; making choices that don't Honor your Value, Truth or Power

RECOGNIZING WHAT **YOU** LEARNED AND WHO TAUGHT **YOU**  
GIVES CLARITY TO HOW YOU'RE HAVING YOUR RELATIONSHIPS CURRENTLY

- 1) What parallels do you see from your upbringing that are mirrors in your current relationships?

*Example: were you invisible as a child and now choosing relationships where you are invisible now?*

*Another example: were you always being the peacemaker as a child and in your adult relationships, you continue to be the peacemaker?*

---

---

---

---

- 2) What conclusions are you drawing from those experiences? *Example: Have you concluded that you're*

*living with a man that always yells and your father always yelled? Another example: my mother never spoke up for herself and I never speak up for myself.*

---

---

---

---

- 3) What conditioning are you aware of that's impacting your life in a manner that's unfavorable to

*you? Example: 'I was conditioned to keep quiet about anything that was unpleasant, embarrassing and/or*

*might upset someone in the family'. Another example: I was conditioned to never admit when wrong because being wrong or making a mistake was a sign of weakness and there were punitive consequences. Remember, look closely at conditioning parallels and be absolutely honest with yourself.*

---

---

---

---

---

- 4) What are you giving your focus to in relationships? *A great way to derive at the answers is to; select four*

*relationships that you value and cherish, then ask yourself; "what are my dominant thoughts and/or feelings*

*when thinking and/or engaging with them?" Then consider; are you focused on getting approval, showing you're worthy of their attention, looking for their seeming flaws and/or something else. You may even conclude that you have no focus when engaging in activity or thoughts of them.*

---

---

---

---

---

