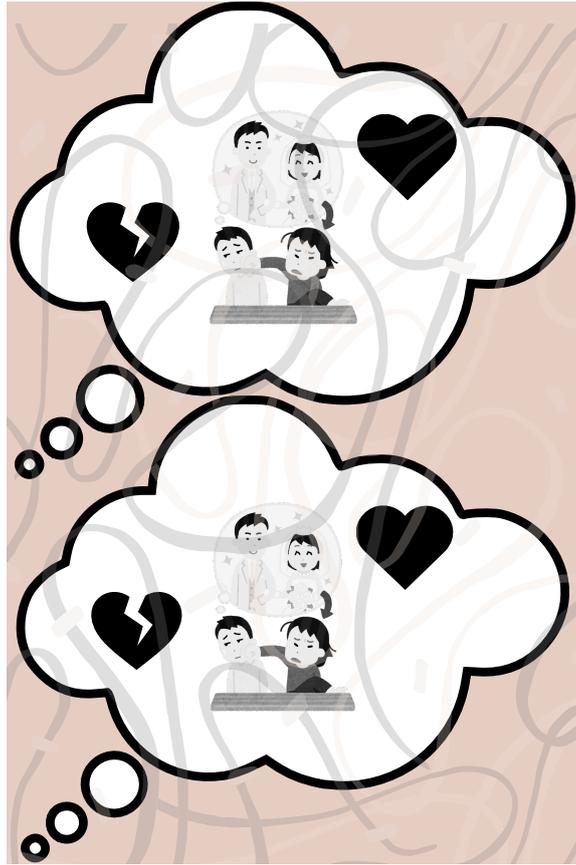


Finding Clarity in Your Relationship



Sometimes we find ourselves navigating the landscape of relationships with sometimes confusing emotions. But when faced with uncertainty it's always a great idea to pause and consider what matters, what you want, and what you need. This guide is designed to help you gain clarity in your romantic relationship, align your feelings with your needs, and encourage you to make decisions with confidence."

Self-Reflection:

- **Reflect on Fulfillment:**

- Am I emotionally, mentally, physically, and spiritually fulfilled in this relationship, or do I feel drained?
- Do I feel valued and respected for who I am, and not just what I do or offer?
- Do I feel comfortable expressing my needs and desires without feeling guilty or afraid that I'll be judged?

- **Reflect on your Worth:**

- Do I feel like I'm settling or compromising my sense of self, values, and ideals to stay in this relationship? Am I conforming?
- Am I treated with the kindness, love, and respect I deserve? Whether on rocky or calm waters?
- Do I trust my partner to be emotionally and spiritually vulnerable? Trust that they can give insight or be open to listening.

- **Reflect on Growth:**

- Does this relationship allow me to grow as an individual, and help me on the path to personal growth or am I being held back?
- Am I growing together with my partner, or are we drifting apart?

3. Relationship Red and Green Flags:

- **Red Flags:**

- He is dismissive of your feelings or minimizes your concerns.
- You feel you can't express your true self without condemnation and judgment.
- You notice possessiveness, control, or constant criticism.
- He avoids difficult conversations, shuts down emotionally, or gets defensive.
- You feel more anxious than secure when thinking about a future with him.
 - Look back on previous relationships. Are any red flags standing out with your current partner?

- **Green Flags:**

- He listens actively and respects your boundaries.
- You feel safe to share your deepest emotions without fear of judgment or condemnation.
- He encourages your personal growth and celebrates your successes without fear or jealousy.
- You can both communicate openly and resolve conflicts with respect for each other's boundaries.
- You feel secure and excited when thinking about your future together.
 - Actions that make you feel safe, supported, and empowered, are ideal in a partner.

4. Actionable Steps for Gaining Clarity in Relationships:

- **Communicate!**

- *You know what you want so let him know! This is essential at the beginning stages of a relationship. So many people don't express their needs, wants and boundaries. Squandering time on something that may be doomed for failure. If it's not something that you can both come to an agreement on it may be best to stop it before it starts or maybe goes any further. Communicate your feelings with confidence.*

- **Setting Boundaries and Know Your Worth:**

- *Self-esteem is crucial to your emotional well-being. If you don't know how you should be treated, you can find yourself in situations where you aren't treated how you should be. You need to know when to say no! Don't belittle you.*
- *Going back to communication here but if it's something you need speak up. I know this gets tossed around a lot but "I'm not a mind reader" is a true statement. How will your partner know what you need if you don't speak up."*

- **Embracing Emotional Independence:**

- *"Never lose your sense of self, which ties into self-esteem. You have to know yourself, you have to set boundaries, you have to know when to say no, I'm not going to compromise my joy, my friendship, my family, my ideals, and my morals for you. Some people describe love as a fire or inferno, don't let that smoke cloud your vision and don't let that fire consume you*

5. Should you Stay or Should you Go?:

- **Self Check:**

- Ask yourself, are you staying in this relationship because it makes you happy? Or are you staying because it's what's expected?
- Are you afraid of being alone?
- Are you in it just for your image?
- Are you fulfilled? Do you feel loved?
- What do you require from your significant other? Is that being met?
- Do you like yourself when you're with this person?

- **Health:**

- Your mental, spiritual, emotional, and physical well-being all encompass you as a person, are these needs being met?
- Is your standard being met?
- Are you getting as good as you give? Remember PYP Protect Your Peace!

6. Affirmations and Inspiration:

- *“I deserve a love that makes me feel seen, valued, and respected.”*
- *“It’s okay to walk away from relationships that no longer align with my ideals.”*
- *My feelings are valid, and I trust myself to make the best decisions for my well-being.*
- *My body is a temple and I won't let anyone tarnish it*
- *I am a child of the King and I will be treated as such*
- *Easter went against her king to save her people. I will face him and save myself!*
- *Ruth waiting on Boaz and she was lifted to greater heights so will I*

7. Bonus: Self-Care Tips for Relationship Clarity

- *“Sometimes we’re confused by the fire and can't see through the smoke, remember to stop and access your surroundings, drop whatever it is so you can regain clarity, and if you find it necessary, roll right on out of that burning building that is trying to consume you whole.*