

# My relationships are healthy and strong

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My family and friends fill my life with joy and meaning. I nurture my relationships with them.

My relationships make me feel needed and cared for. I connect with something larger than myself. I experience being known and understood. I create a sense of belonging and community.

My relationships help me to manage stress and overcome challenges. I have others that I can count on and turn to in times of need.

**My relationships enable me to enjoy life more.** We share laughter, lively conversations, and fun activities. We bring out each other's strengths. We encourage healthy behaviors and greater accomplishments.

I communicate openly and honestly. I express my thoughts and feelings. I speak tactfully and directly. I listen attentively and provide empathy and validation.

I give generously. I block out time to spend

with my loved ones even on my busiest days. I share my talents and resources. I reach out to others when they are struggling.

I receive graciously. I create balanced relationships based on give and take. I set boundaries and ask for what I need.

I earn trust and respect. I honor my commitments. **I strive to be a wonderful partner, parent, and friend.**

Today, I express my appreciation for my partner, family, friends, neighbors, and coworkers. I draw strength from those around me. My relationships enhance my mental and physical wellbeing.

## **Self-Reflection Questions:**

1. How can I be more proactive in my personal relationships?
2. What happens to my relationships when I take others for granted?
3. What are the main qualities I look for in a friend?