

Module #8 “Relationships” Workbook

***You Must Be a Member of the Forums to Submit**

Greetings,

Please save it to your desktop or laptop.

It is best to use a word processor.

Please complete all lessons in this module.

**Once you’ve completed this module you will be able to submit all workbooks to
homework@lifecoachbootcamp.com**

This workbook is available in a PDF or Microsoft Word format.

Respectfully,

George

Your Name:

Your Forum Nickname:

Your email address:

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Your City & Country:

Healthy Vs. Unhealthy Relationships

Q1. What challenges do you face in your relationships?

Q2. Can you list out all the healthy relationships in your life?

Q3. Can you list out all the unhealthy relationships in your life? Why do you think these listed relationships are unhealthy?

Q4. Can you say your relationships boast all six pillars?

Q5. How have unhealthy relationships affected your life?

The Essay

Healthy Relationships

Q1. Do you seek help from friends or family whenever you get stuck in a difficult situation? If no, why not?

Q2. Do you make time for your loved ones? How many hours a day do you spend with your spouse and your children?

Q3. Do you find yourself jumping to conclusions or do you check the facts first before making assumptions?

Q4. How do you deal with the differences? How do you handle conflict in your relationships?

Q5. Would you say you empathize with people? Do you try to understand their point of view?

The Essay

Respect In Relationships

Q1. Have you ever been in a relationship with a disrespectful person? How was your relationship?

Q2. How comfortable do you feel when it comes to setting healthy boundaries? Do you feel the usual or do you feel anxious?

Q3. Do you also give someone authority to take decisions on your behalf when you get into a relationship? Why?

Q4. What's your definition of a respectful relationship?

Q5. What steps would you take to transform your relationship into a respectful one?

The Essay

What Is Love?

Q1. How do you feel when you go out on a date and you click with the person?

Q2. Did your relationship change when you started observing the differences? What steps did you take to make things work?

Q3. What's your definition of love?

Q4. Do you involve your loved ones in the major decisions of your life?

Q5. How do you express your love for someone else? How do you show that you care?

The Essay

Bad Relationships

Q1. Are you also clinging to toxic relationships? Why do you think you are unable to walk away?

Q2. Do you also find yourself overlooking unacceptable behavior? Why do you think you put up with toxic behavior?

Q3. How have bad relationships affected you personally as well as professionally?

Q4. Do you assert yourself when it comes to your needs or when you experience injustice?

Q5. What steps are you planning to take to make amendments? Would you consider walking away from all the toxicity?

The Essay

Neglecting Others

Q1. Have you ever been neglected in a relationship? How was your experience?

Q2. Have you ever neglected someone? Why do you think you did it?

Q3. Did you ever feel neglected in your childhood? How has that experience affected your life? Do you still think about it?

Q4. Do you spend quality time with your spouse, children, friends, or extended family? If no, why not?

Q5. How do you ensure someone has your undivided attention? What steps do you take to make sure the other person feels valued?

The Essay

Being Selfish

Q1. Would you say you are a selfish person or a selfless person? Can you list five traits that support your claim?

Q2. Is being selfish a good thing? What do you think?

Q3. Do you think selfless people suffer the most? Do you think they get exploited repeatedly?

Q4. How has selfishness impacted your relationships?

Q5. After reading the article, would you say you would like to practice positive selfishness?

The Essay

Low Self-Esteem

Q1. Do you feel loved, wanted, and needed in your relationships?

Q2. Describe your inner critic. How do you address yourself? What tone do you use inside your head while talking to yourself?

Q3. Do you hold onto your past mistakes? Why do you think you can't let those go?

Q4. Do you compare yourself with others? Why do you feel the need to do so?

Q5. Do you find yourself putting up with unfair behavior because deep down you are afraid of abandonment? Why do you think people will leave you?

The Essay

Self-Pity

Q1. Have you ever felt helpless in a situation? Why?

Q2. When was the last time you engaged in self-pity? What was the situation?

Q3. Do you also overthink? Does it make the situation easy, or does it make it more difficult?

Q4. How do you feel when you pity yourself? Do you seek help when you engage in self-pity or do you practice positive self-talk?

Q5. What steps do you take to overcome self-pity and move forward?

The Essay

Jealous

Q1. Do you feel jealous of your spouse, your coworkers, or your friends? Why do you think you feel that?

Q2. Apart from the factors listed above, what other factors do you think lead to jealousy?

Q3. Can you list out all the challenges you have faced in your relationships due to jealousy?

Q4. Do you compare yourself to other people? Why do you think you do that?

Q5. What steps are you taking to improve and grow? What are your short-term as well as your long-term goals?

The Essay

The Dominator

Q1. Have you ever been in a relationship with a dominator? How was your experience?

Q2. Have you ever tried to dominate someone? Why?

Q3. How do you feel when people around you dictate you all the rules?

Q4. Do you believe in constructive criticism? How do you deliver it?

Q5. What steps did you take to overcome the dominating behavior? What challenges did you face?

The Essay

How to Deal with a Bully?

Q1. Have you ever faced any kind of bullying in school or adult life? How was your experience?

Q2. Have you ever bullied someone to assert dominance? Why?

Q3. Are you aware of your rights? Are you aware of what's acceptable and what's unacceptable with you?

Q4. Do you take action when you face a bully? Do you prefer to talk about it?

Q5. According to you, what is the best way to deal with a bully?

The Essay

Manipulating Others

Q1. Have you ever been in a relationship with a manipulator? How was your experience?

Q2. How do you spot a manipulator? How do you recognize the mind games?

Q3. Have you ever tried to manipulate someone to get your way? Why do you think you did it?

Q4. Why do you think people try to manipulate other people instead of engaging in effective communication?

Q5. What additional steps do you think you can take to stop using manipulation as a tool?

The Essay

Grandiosity

Q1. Have you ever been in a relationship with someone who practiced grandiosity? How was your experience?

Q2. Have you ever felt superior to someone? Why?

Q3. How do you feel when someone points out your mistakes? Do you feel irritated or do you welcome new suggestions?

Q4. Do you also find yourself imposing demands on others? Why do you think you do that?

Q5. What steps are you taking to overcome grandiosity?

The Essay

I'm Better Than You

Q1. Do you consider yourself better than everyone else? If yes, why?

Q2. Have you ever experienced superiority complex? What do you think contributed to this thought process?

Q3. Have you ever worked with someone suffering from superiority complex? How was your experience?

Q4. Would you call yourself a humble person? If yes, are there are traits that can justify your claim?

Q5. Would you say you have weaknesses? Can you list them out?

The Essay

Abandoned as a Child

Q1. Do you also seek constant reassurance in your relationships? Why do you think you need it so much?

Q2. When you meet someone for the first time, do you try to please them, or do you voice your opinions?

Q3. Do you find yourself pushing people away? What keeps you from forming meaningful relationships?

Q4. Do you have a self-care routine? If not, would you consider creating for yourself?

Q5. What additional steps do you think can help you overcome fear of abandonment?

The Essay

Abandoned By My Children

Q1. Do you live with your parents? If not, how often do you pay your parents visits?

Q2. Our parents think differently from us. How do you deal with the differences between the thinking patterns?

Q3. How often do you call your parents in a week?

Q4. Do elderlies in your house socialize? Are you taking any steps to help them form a supportive community?

Q5. What steps do you think can help elderlies and decrease the rate of abandonment by children?

The Essay