



My Healing Program

My Circle of People

Understanding the people in our close and extended circles is of great importance.

Understanding the impact of *their* influence on our lives is even more important.

Little may we realise the subconscious impact their presence and words have on our thinking, not just about the world, but about ourselves.

Here is a simple activity for you to do to help you evaluate the people around you and the effect they're having on you.

Activity

Instructions

Do this for everyone in your close daily life circle as well as any extended contacts such as work colleagues, business acquaintances, friends or relatives.

Consider whether they have a positive or negative impact on you. Complete the columns in the table accordingly.

Ask yourself the following questions about each of them and place a Y/N for Yes / No, in the last column next to their name. Once you have completed the activity, check to see who has the most Y's or N's.

- a) Do they make me feel good about myself + life in general when I'm in their presence?
- b) Do I feel complete acceptance from them? Can I share all of who I am, with them? In good times, bad, and sad times?
- c) Who stretches me to be better, to grow, to aspire to be more than I am?

- d) Who would I count on as being in my 'support team'? Why?
- e) When I have conversations or interactions with each of them, are they positive or negative?
- f) Do I feel more positive about life or more negative? Do they make me feel drained after spending time with them? Why?
- g) Do I feel there is anyone in my list who is exploiting or using me in some way?
- h) Do I enjoy being in each of their presence?
- i) Do I tolerate certain people because I feel obliged to do so, but if I could, would I choose to no longer interact with them? If so, why?
- j) Who makes me laugh?
- k) Who makes me feel good about myself or inspires me to be a better person?
- l) Who seems to talk only about themselves all the time, with little or no care for me, what I may be going through, or battling with?
- m) What am I gaining from spending time with each of the people in my list?
- n) Am I losing from spending time with them?
- o) Would I miss them if they were no longer in my life?

| Name | Positive (Y) / Negative (N) | In what way do they have positive / negative influence on you? (eg. what do they say or do) | If they negatively influence you, what is the reason for them still being in your life? | Is the relationship one-sided (either) or mutually beneficial? |
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Conclusion

Count the number of people and take note of those who have the highest number of Y's. That's great if you have people who are truly positive influences in your life!

For those whom you opted to place an 'N' next to their name, consider this: this activity is not to tell you whom you should interact with, or not, but purely to indicate the potential impacts they may have on your life or your decision-making, and to be cautious of not lending too much weight on those who might be trying to negatively influence you to their, or for others' benefits.

Ensure you set clear personal boundaries for your relationship with them. Setting boundaries is clearly defining what you are willing to do for them, when, how, and for how long.

Remember, it is YOUR life.

You choose the people with whom you spend your life and the amount of time you spend with them.

For further information on learning how to set boundaries, contact Merrill at +27 (0)79 520 4489 / merrill@myhealingprogram.com
