

# THE 7 PERSONALITY BANDITS ROBBING YOU OF A HEALTHY RELATIONSHIP

## CHECKLIST

### **Self-Doubt: Are you second-guessing your worth or value in relationships?**

- Feeling like you're not enough can lead to overcompensation or attracting partners who reinforce this belief.
- **Challenge:** Make a list of your strengths and accomplishments. Refer to it whenever doubt creeps in.

### **People Pleasing: Are you always putting others' needs ahead of yours?**

- Sacrificing your needs or wants can lead to resentment and burnout.
- **Challenge:** Start by saying "no" once this week to something that doesn't align with your needs.

### **Weak Communication Skills: Do you struggle to express your feelings and needs?**

- Open, honest communication is the bedrock of any strong relationship.
- **Challenge:** Practice active listening and expressing your feelings using "I" statements.

### **Lack of Self-Commitment: Do you prioritize everyone else over yourself?**

- When you neglect yourself, it's hard to show up fully in a relationship.
- **Challenge:** Dedicate 15 minutes a day to self-care. Whether it's reading, meditating, or just taking a walk - make it about you.

### **Negative Self-talk: Are you your own worst critic?**

- The way you talk to yourself sets the tone for how others treat you.
- **Challenge:** Every time you catch yourself thinking negatively, replace it with a positive affirmation.

### **Lack of Standards & Values: Are you unclear about what you stand for?**

- Knowing your standards and values can guide you in choosing compatible partners.
- **Challenge:** Write down your top 5 values and ensure your relationships honor them.

### **Settling: Do you accept less than you deserve in relationships?**

- Settling can lead to long-term dissatisfaction and regret.
- **Challenge:** Reflect on your past relationships. Identify patterns where you've settled and make a conscious choice to break them.