



How To Change Your Relationship

The Last Relationship Guide You'll Ever Need

***Change the pattern.
Change the relationship.
I'll show you how.***

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A Note From Monika

If you're reading this, I'm guessing you've already tried to change your relationship.

You've tried talking about it. You've explained what you need. Likely, many times. You've tried being more understanding, giving more, backing off, setting boundaries, communicating differently...maybe even telling yourself to just stop caring so much.

And somehow, you still end up right back here.

Frustrated. Disconnected. Hurt. Wondering why nothing seems to really change.

I know that feeling.

For years, I thought the answer was getting the other person to finally understand me, treat me differently, or show up differently.

It wasn't.

What finally changed everything for me was realizing that the relationship itself wasn't where the change had to begin.

I had to change the pattern I was bringing into it.

You're going to start seeing what keeps repeating, what you've been doing without even realizing it, and how changing ***your part of the pattern*** can completely change your relationship. You don't have to wait for them to change first.

With love,
Monika



Here's why this works when the advice hasn't.

Before You Begin

You've probably tried to change the relationship by explaining more, giving more, or waiting for them to change. Yet the same feeling returns.

Here's the piece you've been missing: something happens, you make it mean something about **YOU**, and you react from that meaning. Their response can seem to prove the story true.

That is the pattern we'll look at here.

This is not about blaming your parents, your ex, or you. It's about seeing the belief so you can stop treating it like a fact.

As you move through these pages:

- Be honest.
- Be curious.
- Don't rush.
- Notice what makes you uncomfortable.

The strongest reactions often point directly to the belief that's been running your life.

You don't need perfect answers.

You only need willingness.

Because awareness changes everything.

You can't change a pattern you can't see.

The 4 Core Relationship Stories

Most women think the pain is coming from the relationship. It isn't. It's coming from the story the relationship keeps activating.



If you took the quiz, you already named the pattern:
Fear, Change Him, or Fix Him.

Here's how they connect...

"I'm Not Enough" / Change Him

No matter what you do, a quiet voice says it will never be enough. You over-perform, over-explain, and overextend — trying to finally feel like you measure up.

You'll know it's this if: you add more effort when you feel insecure.

"Not Seen" / Fix Him

I'm Invisible

You hide the parts that need something. Being fully seen feels like the risk that ends it.

You'll know it's this if: people like the edited version of you and the real you never makes it into the room.

"I'm Not Chosen" / Fear

You get wanted. You don't get decided on. You stay in almost and treat their distance like proof you'll never be the one.

You'll know it's this if: you hunt for signs instead of watching their actual choices.

"I Don't Matter" / Fear

You shrink the need first. Your feelings come last because it hurts less when you're the one who takes them off the table.

You'll know it's this if: you cancel the ask before anyone can say no.

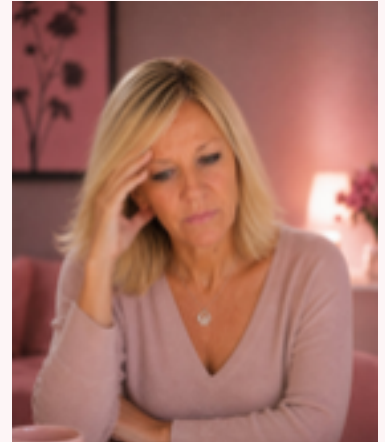
**Which belief shows up when things hurt?
That's the one to get curious about.**

What Happened?

And What Did You Make It Mean About YOU?

Throughout this guide I ask you to "find the story." But what does that actually mean — and how do you do it?

Your story is the conclusion you draw about yourself when something painful happens. Their actions are real. But what you make those actions mean about **YOUR** worth may be an old belief, not a fact.



When something hurts, pause and ask: "What am I making this mean about me?" Then ask: "What do I actually know?" Not about him. Not about what he did. **About you.**

Here are some examples:

When he didn't text back...

I'm not important enough to respond to.

People always pull away from me.

I didn't do enough to stay on his mind.

When someone left the relationship...

I'm not enough to make someone stay.

I'm an option. He's keeping his choices open.

I'll always end up alone.

When your needs were ignored...

My needs don't matter.

If I were more interesting, I'd be seen.

I'm invisible even to people who love me.

The event is never the meaning.

The event is what happened. The belief is what you concluded about yourself.

Find the meaning. Then you can change your response.

You can't change a pattern you don't recognize.

Most people never change the pattern because they never admit they're in one.

It doesn't feel like a pattern, It feels like bad luck, Your type. or
"Just how it goes for me."

Different people.

Same feeling.

Same fear.

Same disappointment.

That's the tell.

Underneath the repeat is a blueprint: what you notice, what you tolerate, what you chase, what you make it mean.

This section is about seeing that sequence without shame or blame, because they aren't useful here. Seeing it gives you a place to start changing it.

How to use the next two pages

Write like you're telling the truth to someone who won't flinch.

If you go blank, here are some examples:

- ***Not Enough: "I keep trying to earn it."***
- ***Not Chosen: "I keep waiting to be picked."***
- ***Not Seen: "I keep hiding the needy part."***
- ***Don't Matter: "I keep taking my need off the table."***

Don't give the 'good' answer. Give the honest one.

SEE IT — Reflection Exercises

One moment with this person that hit hard was...

Example: He went quiet after I asked where we stood.

What I felt in my body, and what I did next, was...

Example: Chest tight. I took the question back and said never mind.

What I made that moment mean about ME was...

Example: I'm not important to him. My needs don't matter. I'm not worth showing up for.

My quiz pattern showed up as...

SEE IT — My Relationship Pattern Checklist

Check what keeps showing up. Don't overthink it.

- | | |
|---|---|
| ☐ I read their distance as rejection | ☐ I feel lonely even in relationships |
| ☐ I give more than I receive | ☐ I focus on how to fix them |
| ☐ I silence myself to keep the peace | ☐ I feel guilty when I set boundaries |
| ☐ I feel responsible for others' emotions | ☐ I minimize my own needs |
| ☐ I stay too long in relationships that hurt | ☐ I mistake intensity for love |
| ☐ I panic when the relationship | ☐ I overexplain my feelings or needs |
| ☐ feels uncertain | ☐ I find it hard to trust even good people |
| ☐ I feel unworthy of being truly chosen | ☐ I struggle to relax when things go well |
| ☐ I push people away when they get close | ☐ I feel like I'm too much or not enough |
| ☐ I need constant reassurance | ☐ I care deeply what others think of me |
| ☐ I lose myself trying to make it work | |

Looking at what I checked, what do I make their behavior mean about ME?

Your strongest reactions often point to an old belief you're still treating as true.

You didn't decide to fear abandonment, overexplain, need reassurance, or put everyone else's needs first. You learned a way of protecting yourself.

The belief may have formed early—or through a later painful experience. When a similar moment happens now, it can feel like proof of that old conclusion.

In this section, you'll ask what the moment means about YOU, and where that meaning might have come from.

You do not need a perfect childhood memory. Start with the belief you can see today. Once you recognize it, you can stop treating it as unquestionable truth.

The origin helps explain the belief. Your next choice helps change the pattern.

FIND IT — Where Did I Learn This?

The first time I remember feeling this same way was...

At that time, I came to believe this about myself...

A moment in this relationship that brings up that same belief is...

What would I believe, feel, or do differently here if I no longer believed that about myself?

FIND IT — Deeper Questions

The fear underneath that reaction is...

When I feel unchosen or unimportant, I tend to...

When they do _____, I make it mean _____ about ME.

The belief underneath this pattern is...

Your strongest reactions often point to an old belief you're still reacting from.

You didn't decide to over-perform, hide the need, wait to be picked, or shrink first. You learned a way to stay connected.

That conclusion may have started young, or in a later hurt. When a similar moment happens now, it can feel like proof.

You do not need a perfect childhood memory. Start with the belief you can see today. Once you can see it, you can stop treating it like fact.

Where it came from explains the pattern. What you choose now is what changes it.

***You learned this belief.
You don't have to keep living from it.***

Name It — Put The Pattern Together.

The belief I learned was...

In this relationship, it gets triggered when....

When that belief gets triggered, I usually...

If I stopped treating that belief as true, I would...

***This is where the relationship
starts to change.***

You've seen the pattern. You've seen what their behavior triggers you to believe about YOU. Now practice a different meaning—and a different response. You do not need to wait for the other person to go first.

Ask: What actually happened? What did I make it mean? What else could be true? What do I need to say or ask for? How would I respond if I knew I mattered?

Changing the pattern is not about repeating better words. It's about responding differently when the old belief gets triggered.

CHANGE IT — Old Belief → New Choice

Choose words you can believe and a response you can practice. If the new belief feels impossible, start smaller.

"I'm not enough."	→	"I do not have to prove my worth to be cared for."
"I'm not chosen."	→	"I can choose a relationship where we choose each other."
"I don't matter."	→	"My needs matter. I can express them clearly."
"I'm not important."	→	"I can say what I need and notice who listens."
"I'm invisible."	→	"I can show who I am and notice who meets me there."
"I'll be abandoned."	→	"I can handle uncertainty without abandoning myself."
"Love must be earned."	→	"I can ask for care without earning it first."

The new belief AND action I am choosing is:

CHANGE IT — Beliefs & Actions

What I need in this relationship—and can ask for clearly—is...

A boundary or choice that would honor me now is...

When the old belief is triggered, I will pause and remind myself...

If I knew I mattered, I would respond by...

You don't change a pattern by understanding it once. You change it when the moment happens again—and you do something different. A calmer question. An honest request. A boundary. A choice that doesn't abandon you. One moment at a time.

The goal isn't perfection. Catch the loop sooner, pause, and choose again.

A new response becomes natural through practice. For the next seven days, notice what happens, what you make it mean about YOU, and how you respond. Then make one different choice — even if it feels small. That is how the pattern changes.

Day 1 | See It Today

LIVE IT — 7-Day Practice

What happened, and what I made it mean about ME, was...

What I noticed in my body when it happened was...

If I wasn't reacting from the old belief, I could choose...

Day 2 | Find the Meaning

LIVE IT — 7-Day Practice

What I made this mean about ME was...

Another possible explanation is...

A question I could ask instead of assuming is...

What I actually know happened is...

Day 3 | Name Without Shame

LIVE IT — 7-Day Practice

The belief I'm reacting from is... and the response it usually creates is...

I can notice this without shaming myself by saying...

What was this reaction trying to protect me from?

Day 4 | Pause the Pattern

LIVE IT — 7-Day Practice

A moment my old belief took over today was...

What I made that moment mean about ME was...

If I pause, a different response I can choose is...

Day 5 | Ask for What I Need

LIVE IT — 7-Day Practice

Today I practiced speaking honestly by...

What makes it hard to say that out loud is...

A clear request I could make is...

Day 6 | Notice the Response

LIVE IT — 7-Day Practice

When I showed up differently, they responded by...

How I want to respond to that information is...

**What their response tells me about this
relationship is...**

Day 7 | My Next Choice

LIVE IT — 7-Day Practice

What I now see about this relationship is...

One choice I will make differently is...

**The old pattern I am leaving behind
is...**

The belief and response I am choosing now are...

You Found the Pattern. Now Change the Relationship.



You can now see the pattern, what it triggers in you, and where you have a choice.

Seeing the pattern is only the beginning.

Real change happens when you stop reacting from the old belief and start showing up differently.

In the Change Your Relationship Intensive™, we'll uncover what's driving your pattern and create a clear plan for what to do differently.

**READY TO CHANGE YOUR
RELATIONSHIP?**

**Book the Change Your Relationship
Intensive™**

90 Minutes - \$297

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