

## **A GUIDE FOR A LOVING RELATIONSHIP**

*By: A Loving Mom*

*November 2004*

- 1.) Do I like and love me?
- 2.) What is love to me?
- 3.) How do I show my love?
- 4.) How do I put the person I love first?
- 5.) What does family mean to me?
- 6.) What do I do for my family?
- 7.) What am I willing and able to do for the people I love?
- 8.) What am I not willing and not able to do for the people I love?
- 9.) How do I contribute to the well being of our family?
  - Financially:
  - Emotionally:
  - Spiritually:
  - Physically:

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### **STEPS TO SELF AWARENESS**

- A.) What am I thinking?
  
- B.) What am I feeling in both physical and emotional?
  
- C.) What am I getting from my senses?
  
- D.) What am I wanting in life?
  
- E.) What am I needing in life?
  
- F.) What am I willing, able and ready to do about “D.) Wanting” and “E.) Needing?”
  
- G.) How does this take care of my soul (ie my mental well being)?
  
- H.) What is my part and am I willing to accept and correct my part?
  
- I.) Am I willing to move forward in love for myself and others? Or, do I want to hold on to all my past hurts, frustrations and anger that keeps me stuck in negative thinking and feeling?
  
- J.) Can I forgive those people whom have hurt me and, am I willing to make amends to the people I have hurt?

### **ALL THING ARE POSSIBLE IF THERE IS LOVE, RESPECT AND HONESTY**

*\*Journal to these questions with honesty and strength then, maybe you'll find your answers.*