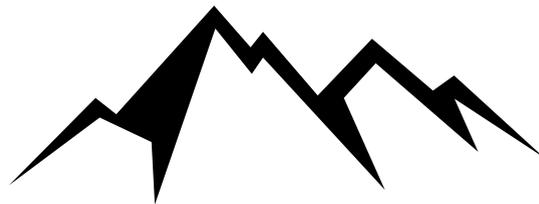


Inclusion and Belonging

When You've Felt Excluded

Workbook



Stronger Because Coaching

Download: Write about the last time you remember feeling excluded.

What exactly happened?

How did you feel?

What does this mean about them that this happened?

What does this mean about you that this happened?

Accepting Myself

We often believe that if someone chooses not to be with us or include us how we would like, our brain begins to believe that there is something wrong with us or that there is something wrong with them.

As well intended as the brain is, the reason this doesn't help us is because it keeps us stuck in a place where we have no control and often we begin to reject ourselves.

What is a food or type of music that you love?
of music that you don't?

What is a food or type

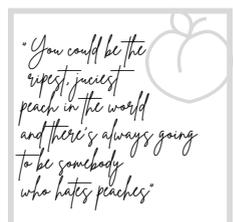
What does it mean about you as a person that you like that food or music and don't like that food or music?

Who is someone that makes me feel like I am not enough? What have they said that is causing me to feel that way?

Why do I think they have the power to cause this feeling?

What do I say to and about myself that makes me feel like I am not enough?

What thoughts would a best friend give me that reflects my perfection with all my flaws just as I am right now?





Acceptance

Forget you

People-pleasing

Accepting Others

If your emotional life is tied to someone else's behavior, you've given away all of your power to feel accepted, belonging, approval to someone else.

And being in a relationship with someone who is needy and exhausting (I need you to do this so I feel this...) isn't fun.

When we subscribe to the belief that someone else creates emotions for me we increase feelings of powerlessness.

Instead, both people become responsible for their own happiness.

Think about someone you want to change and write their name here:

Write, in detail, what you would like them to do.

For each item, write down why you would want them to behave this way.

How do you think you would feel if they behaved this way?

How would your thoughts about them change if they behaved this way?

Do you want them to behave this way even if they don't want to? Why or why not?

What do you make it mean when they don't behave this way?

When someone wants you to behave in a certain way to make them feel good, what is that like for you?

The Truth

Thoughts are not facts.

People get to choose how they think, feel, and act.

We create our feelings.

Feeling hurt is okay.

We don't have to believe what other people think about us.

I have put rules on them and when they don't do these rules I make it mean something painful.

Just because they exclude or don't like me doesn't mean I can't like them.

Just because they don't like me does not mean I'm not likeable. It reflects their ability to like.

I don't have to judge them.

I don't have to find something wrong with them or me to explain this.

How do I want to be? How do I want to show up as a friend/spouse, etc?

What do I want to believe about myself?

What do I need to let go of to have peace and acceptance?