



Allison Reiner



The Relationship Rescue Coach

Your Unique Relationship

This is an exercise which allow you to start creating your unique vision of what your life and you perfect relationship would look like.

You will need:

Time: as much as necessary – *you are worth it* – so make it your gift to you.

A pen

A sheet of paper.

STEP ONE

Choose a relationship where you don't or didn't feel fulfilled.

**This exercise is not to find blame with the other person it is to find healing for you.*

Start by writing every phrase you use to describe this relationship.

Some Examples I hear regularly (you will have you own)

He obviously doesn't love me

I feel invisible.

SHe is always judging me.

There is no respect.

STEP TWO

When you have finished go back to the beginning take phrase each one individually.

Ask yourself the following questions:

If he/she loved you what would be happening?

How would I know he/she loved me/respected me..... fill in the blanks with your own phrases.

For me to feelWhat would need to happen?

Keep working throw those expressions you use, feelings you have about that relationship until you have complete a description of what those phrases mean to you and what needs to happen to change them.

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STEP THREE

Take the phrases and your descriptions and ask yourself – one a scale of 1 to 10 and based on my own words how well am I treating myself.

If for example you didn't feel loved and you have given an explanation on what being loved in a relationship would look/feel and be like. Ask yourself – based on this how much love am I showing myself.

Repeat with all your phrases until you have a clear picture on how well you are treating yourself.

STEP FOUR

I firmly believe the way to achieve our dream relationship (and life) is by creating it firstly with ourselves – so this step is about deciding what you can do (based on your own words) to build the loving relationship with you – how are you going to step up and empower yourself with SELF LOVE? This is your own unique process – it will be different for us all.

We attract what we are and if at our core we aren't fulfilling our duty to our self and loving, respecting and holding our self in esteem how on earth can we expect others to do that for us. We set the boundaries for how others can treat us, love us and cherish us.

So what can you do today to build on relationship with yourself?

STEP FIVE

Accountability –

- People can not love us more than we allow them to;
- It can never be more than **we** love ourselves
- It therefore makes perfect sense that if we spend time creating a loving relationship with ourselves,
- if we accept ourselves, love ourselves, treat ourselves as we wish to be treated we open the space to be treated the same way by others.

So this step is about holding yourself accountable – how committed are you to creating Self Love.

How are you going to ensure you don't listen to the inner voices when they tell you this is all rubbish and you stick to your guns.

Everyday you take an action to show yourself you are worth it.

What will it take to keep you moving forward with this exercise? If you need any help or a further explanation I offer a 30 minute complimentary (my gift to you) call, which you can book here: <http://bit.ly/29qSqfw> or by emailing me directly.

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