



BE YOUR UNIQUE SELF

Allison Reiner

RELATIONSHIP COACH

LOVE IS AN INSIDE JOB

YOUR UNIQUE RELATIONSHIP

Here is my 5 step guide, which I know you will find very useful as the first step towards understanding how you can make the change in your relationship by changing the way you treat yourself.

This is in no way meant to be a blame apportioning exercise. It is merely uncovering your own truth, i.e. how you feel in your relationship. Most probably you have spent most of your life burying your emotions and feelings and are left with the general sense of unease.

This guide allows you to become more specific, to really uncover your current truths.

When you allow those hurts, disappointments and angers to flow from you it is an opportunity to hold them up for examination - see why they affect you, where they come from and most importantly offer you the opportunity to make shifts in your thinking that will lead to changes in your relationship.

This is an exercise which allows you to start creating your unique vision of what your life and your 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.

A VISION FOR YOU



Do you want to fall in love again?

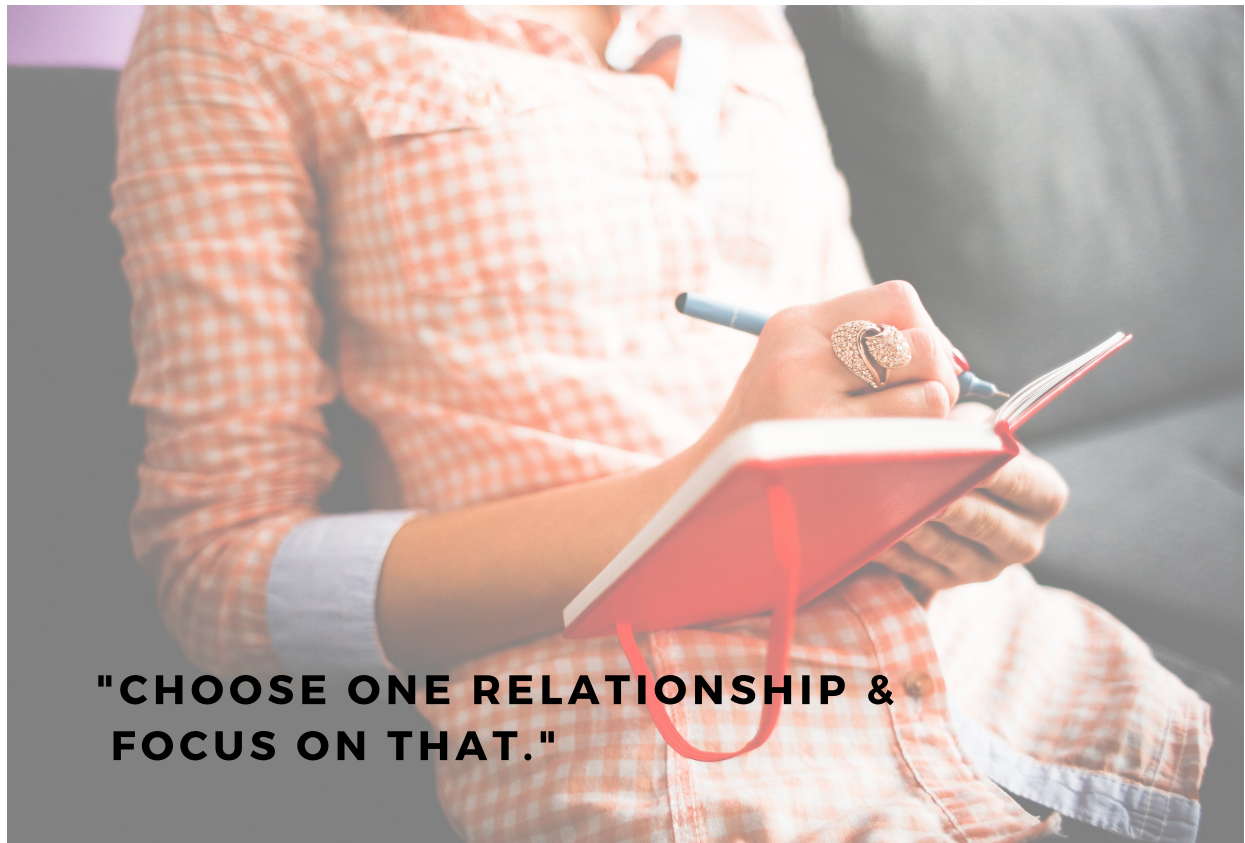
Head over heels in love?

Let's start with you.

You can be the love of your life.



STEP ONE



"CHOOSE ONE RELATIONSHIP & FOCUS ON THAT."

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

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

My clients regularly tell me:

He obviously doesn't love me

I feel invisible.

He is always judging me.

There is no respect.

You will have your own phrases which describe this relationship. Write them all down.

Remember, this exercise is not designed to find blame with the other person. It is to help you heal.

Let's get writing.

When you're finished, breathe. Well done for taking the first step.

Ready? Let's move to step two.

STEP TWO



"LET'S RE-VISIT THOSE BELIEFS."

Now, go back to each phrase you wrote in step one.

Look at each one individually.

Then for each phrase you wrote down ask yourself the following questions:

A) If he/she loved me what would be happening?

B) How would I know he/she loved me/respected me?

C) For me to feel _____. What would need to happen?

Work through every phrase you wrote down in step one.

Embrace the feelings you have about that relationship.

You will then have a complete description of what these phrases and words mean to you. Not just the generic words but your own meaning.

Can you now see what needs to happen to change the relationship?

When you're finished, breathe. Well done.

Ready? Let's move to step three.

STEP THREE



Take the phrases and your descriptions from step 2. Look at each one in turn and ask yourself – on a scale of 1 to 10 and based on your 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.

You now have a clear picture on your relationship with yourself.

Embrace the feelings that come up for you.

When you're finished, breathe. Well done.

Ready? Let's move to step four.

STEP FOUR



I firmly believe the way to achieve our dream relationship (and life) is by creating it for ourselves first.

Step four is about deciding what you can do (based on your own words) to build a 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.

Ask yourself honestly, are you being loving and respectful to yourself?

Are you holding yourself in esteem?

Often we have high expectations of others and are disappointed that they don't meet our needs.

Remember, we set the boundaries for how others can treat us, love us and cherish us.

Write down "what can you do today to build on your relationship with you"?

Write up to 50 ideas!

STEP FIVE



"MAKE A COMMITMENT TO YOU"

Step five is about holding yourself accountable.

- People cannot love us more than we allow them to.
- It can never be more than we love ourselves.
- If we spend time creating a loving relationship with ourselves and we can accept ourselves, love ourselves, treat ourselves as we wish to be treated we open the space to be treated the same way by others.

The big question is:

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?

My challenge to you is that for the next 7 days you start to take one daily action to show yourself you are worth it. Choose from the list you created in step 4.

Write down what you're going to do every single day to create self-love in your life now.

WHAT NEXT?

MEET ALLISON



Congratulations! If you've followed these five simple steps, you're on the road to building a new loving relationship with yourself.

Perhaps this has been challenging for you. What will it take to keep you moving forward to complete this guide?

If you need any help or a further explanation I have a gift for you. A complimentary 30-minute call where we can discuss how you can move forward.

You can book your call at <http://bit.ly/29qSqfw> or by emailing me directly Allison@AllisonReiner.com.

I also host a private Facebook group, come join me at:
<https://www.facebook.com/groups/Loveisaninsidejob/>

Until next time,

Alli xo

MORE QUESTIONS?

DON'T BE SHY! E-MAIL ME AT
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