



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 34 Action Guide: Honest Conversations

How are you showing up in your current relational dynamics? How do you want to show up from this point moving forward? Let's take an honest look.

Courageous Conversation with Yourself

Establish your reason. Why is it important to you to develop new ways of relating?

Sit shoulder to shoulder with yourself. How could you disarm defensive or offensive postures toward yourself, let go of self-judgment, embrace self-compassion and choose to get curious?

Describe your experience. What is it like for you when you engage in relationships this way?



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Explore how it impacts others. What is the impact you are having on others, whether intended or unintended?

Speak with a voice of vulnerability. How can you be honest with yourself about your thoughts and feelings while refraining from blaming, shaming, name calling or insulting yourself?

Own your part. How are you responsible for the relational dynamic?

Create new boundaries and accountability. What do you need to do (overcome, release, or take action) in order to develop a healthier relational pattern within yourself?