



Module Four

Relationship Toxins

Worksheet Check List

- Expressing My True Self: Mind Reading
- Fact Finder: Emotional Reasoning
- Preference Identifier: Making Demands
- Take Responsibility: Blaming





Relationship Toxins

Expressing My True Self: Mind Reading

Identify the thought or assumption you believe someone is thinking.	
Ask yourself: What is the story I am telling myself to support this assumption?	
What are some alternative explanations that do not support your assumptions?	
Is it possible that you are unable to identify EXACTLY what someone else is thinking?	
Is there something that you can do to test the validity of your mind reading? How can you express your true self without jumping to conclusions?	





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Fact Finder: Emotional Reasoning

What emotions are you experiencing?	
What is the event or situation that prompted this reaction?	
What facts am I deciding not to look at because I am favouring how I am feeling?	
How are my feelings swaying the way that I am looking at this situation?	
Come back to this worksheet after taking a break. Give yourself some time to let your emotions cool before making a decision or coming to a conclusion. Has your perspective changed?	





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Preference Identifier: Making Demands

What is it that I want in this situation? And from who? How does my self-talk (or conversations) sound, are there “musts” or “shoulds”?	
How is the above language impacting your relationships? Are you taking into consideration that even those closest to us have their own needs that may be different than our own?	
Is it possible for me to have my own boundaries but also be flexible towards myself and others should expectations not be met?	
Tell yourself the truth: are my demands realistic? Are they ultimately helping me or aligning with my need for control?	
Identify your preferences: Practice letting people know what you would prefer without making a demand. Allow room for the other person to share their preferences.	





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Take Responsibility: Blaming

What issue am I blaming someone else for?	
Merely the act of blaming signals that you are not telling the truth to yourself, that you are overlooking information. What is the grain of truth in what the other person did or said?	
What do you have control over in this situation? How will blaming assist you? How will blaming hurt your relationship?	
Take responsibly. How can you take on the other person's perspective? Try to presume that they believe their own intentions are good.	
Take the next step. How can you demonstrate your understanding? How will you be accountable for your part?	

