

MODULE SEVEN

Accept Outcomes & Let Go Worksheet Checklist

- Preference Identifier
- Vulnerability Identifier
- Own Your Stuff



Accept Outcomes & Let GO

Preference Identifier

	<p>Communication is a two way street. It is about both asking for our needs and equally about making space for others. Use this worksheet to think and behave with flexibility by shifting demands into preferences – giving others space.</p>
<p>What is it that I want in this situation? And from who?</p>	
<p>How is the above language impacting your relationships?</p>	
<p>Is it possible for me to have my own boundaries but also be flexible towards myself and others should expectations not be met?</p>	
<p>Tell yourself the truth: are my demands realistic? Are they helping me or aligning with my need for control?</p>	
<p>Identify your preferences: Practice letting people know what you would prefer without making a demand.</p>	

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Vulnerability Identifier

	<p>Intimacy isn't possible without vulnerability. Vulnerability isn't possible without taking an emotional risk. Disappointment and the possibility of getting hurt are the risks we take in order to develop intimacy in our relationships. Use this worksheet to explore your ability to practice vulnerability.</p>
<p>What is your personal definition of being vulnerable?</p>	
<p>How do your beliefs inform you about this outlook on vulnerability?</p>	
<p>How did your family teach you (or not teach you) about vulnerability? What were the rules (spoken or unspoken) about being vulnerable?</p>	
<p>Did you grow up seeing vulnerability demonstrated by your caregivers?</p>	
<p>How do you feel now in your life about vulnerability?</p>	

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Own Your Stuff



Before going into any intimacy-deepening conversation, remind yourself that part of increased intimacy is the willingness to accept disappointment. It is your responsibility to manage that disappointment. Don't put your "stuff" on others. Use this worksheet to explore how you will manage disappointment.

When was the last time you felt disappointed? Describe the situation:	
How did you cope with being disappointed?	
Thoughts, self-evaluation & evaluation of others:	
Were there any thinking traps activated?	
What were you feeling?	
What did you do? (your behaviours)	
Did you have any passive, aggressive or passive-aggressive responses?	
What do you think was your biggest barrier to responding assertively?	
How do you think you can work towards responding assertively next time you feel disappointed?	