Who Am I Becoming in This Relationship?

Looking at How the Relationship Is Affecting My Sense of Self

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Who Am I Becoming in This Relationship?

Relationships affect us.

Some relationships help us feel more secure, confident, understood, and comfortable being ourselves.

Others may leave us questioning ourselves more, holding things in, becoming more reactive, or feeling like we have to work harder just to be understood.

This does not automatically mean the relationship is unhealthy. It means it is worth paying attention to **who you are becoming inside the relationship.**

Sometimes these changes happen slowly.

You may not wake up one day and think, "I don't feel like myself anymore."

Instead, you may notice that you:

☐ Think more carefully before saying what you really feel
☐ Avoid certain topics because you don't want an argument
☐ Explain yourself more than you used to
☐ Apologize even when you're not sure you did anything wrong
☐ Question your own memory or interpretation of situations
☐ Feel more anxious around conflict
☐ Feel responsible for your partner's mood
☐ Try to keep the peace even when something is bothering you
☐ Feel less confident expressing disagreement
☐ Feel like you are "too sensitive" or "too emotional"
☐ Feel pressure to prove that your feelings make sense
☐ Keep certain feelings to yourself because it feels easier
☐ Feel emotionally tired after conversations with your partner
☐ Wonder whether you are asking for too much
☐ Feel like you have changed parts of yourself to make the relationship work

Stop Here for a Moment

Look at what you checked.

Which three stand out to you the most?

1. _____
2. _____
3. _____

Now ask yourself:

Were these things always part of who I am, or have they become stronger in this relationship?

_____

_____

What do I think has contributed to that change?

_____

_____

_____

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What Have I Started Believing About Myself?

One of the most important things to notice in a relationship is not only **what is being said to you**, but what you eventually start saying to yourself.

Repeated conflict, criticism, dismissal, misunderstanding, or feeling unheard can slowly change the way we see ourselves.

You may begin thinking:

☐ Maybe I really am too sensitive.
☐ Maybe I am difficult to communicate with.
☐ Maybe I expect too much.
☐ Maybe I should just let things go.
☐ Maybe I'm the one causing the problems.
☐ Maybe I need to explain myself better.
☐ Maybe if I change, things will get better.
☐ Maybe my feelings aren't as important as I think they are.
☐ Maybe disagreeing means I'm being disrespectful.
☐ Maybe keeping quiet is easier.

Now I want you to separate **self-awareness from self-blame.**

There may absolutely be things you need to work on.

You may need to communicate differently.
You may need to manage your reactions.
You may need stronger boundaries.
You may need to listen more carefully.
You may need to recognize your own patterns.

But growth is very different from constantly assuming:

"If I could just change enough, everything would be okay."

Think About This

1. What are you most critical of yourself about in this relationship?

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2. Where do you think that belief came from?

3. Is this something you genuinely believe about yourself, or something you have heard so often that you have started to believe it?

4. What is something about yourself that you feel you have had to defend in this relationship?

A More Difficult Question

Think about the version of yourself before this relationship, or before the relationship became difficult.

What part of that person do you miss?

And then:

What part of yourself do you want to get back?