PAGE 5

What Is Mine to Work On — and What Is Not Mine to Fix?

It can be easy to say, "My partner needs to change."

It can also be easy to go in the opposite direction and assume, "I need to change."

Usually, neither one tells the whole story.

A healthier question is:

What is actually mine to work on?

You are responsible for how you communicate, how you respond, the boundaries you set, the choices you make, and whether you are willing to look honestly at your own behavior.

But taking responsibility for yourself does **not** mean taking responsibility for another person's behavior.

Start With Yourself

Be honest. Not hard on yourself — honest.

Which of these are areas you genuinely need to work on?

☐ How I communicate when I'm upset
☐ My tone during difficult conversations
☐ Listening without immediately becoming defensive
☐ Saying what I need instead of expecting my partner to know
☐ Setting clearer boundaries
☐ Following through on the boundaries I set
☐ Managing my emotional reactions
☐ Speaking up sooner instead of holding things in until I explode
☐ Recognizing when my past experiences are affecting my reactions
☐ Apologizing when I know I was wrong
☐ Allowing my partner to have a different opinion
☐ Other: _____

Now choose **two**.

What would actually changing these behaviors look like—not just saying you want to change them?

1. _____

2. _____

Now Look at What Is NOT Yours

Read these slowly.

You are not responsible for:

☐ Making another person communicate respectfully
☐ Controlling another person's anger
☐ Preventing someone from becoming upset with you
☐ Changing another person's beliefs
☐ Convincing someone that your feelings are valid
☐ Making another person listen
☐ Making someone understand something they are unwilling to understand
☐ Keeping the peace at the expense of your own voice
☐ Taking responsibility for behavior that is not yours

Here's the Harder Question

What have you been trying to fix that was never actually yours to fix?

And what has trying to fix it **cost you emotionally?**

Challenge Yourself

There is a difference between:

"What can I do differently?"

and

"What can I do differently so the other person doesn't react?"

Which question have you been living by?

PAGE 6

What Do I Need Moving Forward?

You've spent several pages looking at yourself.

Now I want you to do something that can sometimes be much harder:

Say what you need.

Not what your partner should do.

Not what you think will prevent the next argument.

Not what would make everyone else comfortable.

What do you need in order to feel healthy, respected, and like yourself within a relationship?

What Do I Need More Of?

Choose what genuinely matters to you.

☐ Respect
☐ Emotional safety
☐ Affection
☐ Communication
☐ Trust
☐ Appreciation
☐ Partnership
☐ Consistency
☐ Understanding
☐ Personal space
☐ Support
☐ Accountability
☐ The ability to disagree without being punished for it
☐ The ability to express feelings without having to defend them
☐ Other: _____

Now choose the **three that matter most.**

1. _____
2. _____
3. _____

Don't Stop at "I Need"

This is where I want you to challenge yourself.

Saying **"I need respect"** is easy.

What does respect actually look like to you?

Saying **"I need better communication"** is easy.

What would better communication actually sound like?

Saying **"I need support"** is easy.

What would make you feel supported?

Pick **one of your three needs** and make it specific:

I need: _____

To me, that looks like: _____

What am I willing to do differently to help create this?

What am I no longer willing to do just to keep the relationship comfortable?

One Final Challenge

Go back to the question from the beginning of this worksheet:

Am I changing because I genuinely want to grow, or am I changing because I am trying to prevent someone else's reaction?

After completing this worksheet, would you answer that question differently?

Before You Finish

Complete these three sentences as honestly as you can:

Something I need to work on in myself is:

Something I need to stop taking responsibility for is:

Something I need to start speaking up about is:

You cannot control how another person shows up in a relationship. You can become much clearer about how you choose to show up in it.