

The Shadow Effect Breakthrough Program



Your Relationships

What did you see as you looked at your relationships as they exist right now? Which relationships are important to you? Which are difficult? Which are you trying to fix or deepen? How does this area of your life feel? Is there something lacking? What are you critical of? _____

What is the one relationship you would like to have a breakthrough in?

Who is one person you would love to have a breakthrough with? _____

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How do you feel inside this relationship? How do you show up in this relationship? Do you give this relationship the time and attention it deserves? _____

What shadow feelings do you experience in this relationship? Have you felt them before in any relationship? _____

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What are your shadow behaviors in this relationship? _____

What effect has your shadow had on this relationship? _____

What one dramatic breakthrough action can you take this week in this relationship, either with this person or with yourself? _____

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What actions can you take this week to have a breakthrough not just in this relationship but in all your relationships? _____

What is your statement of love for you in relationship? _____

How many times do you need to hear your statement of love this week?
