

RELATIONSHIP REMEDIES MINI SERIES:

Figuring out your relationships during lockdown

A 10-topic conversation about how to make your relationships better with some extra time and a lot of love!

1

TIME TO GET REAL

Connect with your real emotions and discover the root cause for them, good or bad, including yourself and how you feel about everything and everyone else.

2

FACE YOUR DEMONS

Not all feelings and emotions with people are rainbows and sunshine. You need to take a deep look into the negative thoughts, including who is working your last nerves right now. Yes are not excluded!

3

BUT FOCUS ON THE POSITIVE

Think about some of the good things you have been able to do during the last few weeks, and more importantly, things you may want to continue.

4

WHAT WOULD YOU LIKE TO CHANGE?

What have you noticed that you would like to change? What would you like to change about yourself? Change to good and this a great opportunity to see what that looks like.

5

WHAT WOULD YOU LIKE TO KEEP?

Changes are, not everything needs to change. What positive aspects would you like to keep?