



Living Life LOUD

Month 1, Week 1 Homework

Intimacy is letting people see the real us, flaws and all.

MY GOALS FOR JANUARY:

1. _____
2. _____
3. _____

The reading this week is all about performing and when we are acting, we are not relating honestly. Let's deep-dive into some of our best relationships and see how we can take those elements and contrast them with our less-than-healthy relationships.

→ What are the closest relationships in your life right now?

→ What would you change about the relationship(s) if you could?

→ Do you feel like you can fully be yourself in these relationships?

→ Do you have a healthy relationship with someone (anyone!) in your life? What does it look like? How do you handle conflict? What about expectations? Gratitude? Support? NOTE: No relationship is 100 percent healthy or unhealthy! After all, we are flawed people. That means even the healthiest people will have moments of cray-cray. (If you don't think you have a healthy relationship, imagine one or pull up an idea of one from what you can take from the reading.)

→ Now let's contrast this with a current or past UNhealthy relationship. How did you handle conflict? What about expectations? What role did you play? Did you control or feel controlled? What happened, ultimately, with this relationship?

→ Based on what you know about healthy relationships and intimacy, what do YOU need to change to have healthier relationships? (It may be, "I need to change who I get in a relationship with!").