

ACP | THE CAREER RESET

WORK RELATIONSHIP S

*This is one workbook for the
entire section on relationships*



Mel Savage
THE CAREER RESET

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The Pursuit of Happiness



This is one workbook for all the lessons in the relationship section.

This workbook is dedicated to your relationship with ONE person. You will pick a person of focus and then fill in the workbook. And if you have someone else you want to do this work with, then just reuse the workbook.

Don't get stuck. Write what comes to your mind. If you're really stuck on a question, ask yourself why. Is it something you want to avoid looking at? If so, bring it to coaching. It can be the thing that is keeping you suffering in the relationship.

PICK A PERSON OF FOCUS.

I recommend that you pick someone you have a bit of trouble loving and want to improve your relationship with them.

JUDGE THIS PERSON.

Do not hold back. Write down all the thoughts you have about this person. The good, the bad and the ugly. Get it out of your head. One sentence per line below. Don't edit yourself or try to be appropriate or kind.

GO BACK THROUGH THE LIST. CIRCLE THE JUDGMENTS THAT ARE ALSO TRUE ABOUT YOU.

Notice that many of the judgments you have about others, you also have about yourself.

WHAT DO YOU THINK THIS PERSON THINKS ABOUT YOU?

WHAT DO YOU THINK ABOUT YOURSELF IN CONTEXT OF THIS PERSON?

Don't hold back here either. Include all the judgments; good, bad, arrogant, confident, condescending, shameful... get it all out.

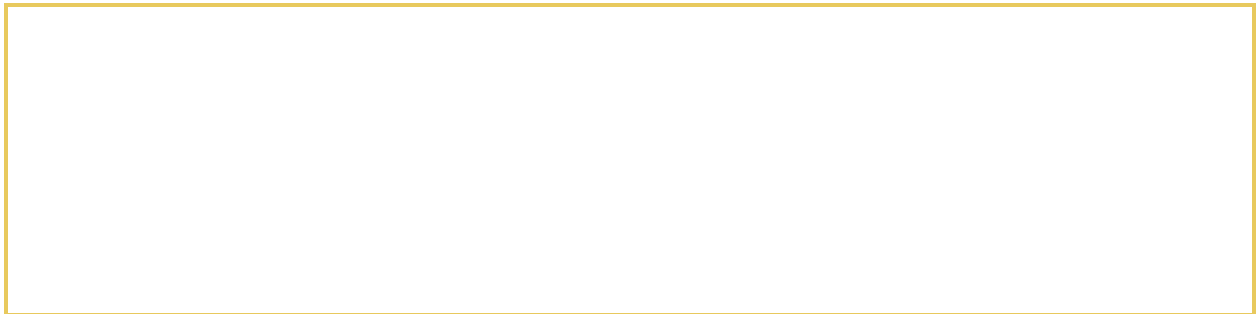
DESCRIBE THE UNWRITTEN RULE BOOK YOU HAVE FOR THE PERSON.

What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do *exactly* what you want them to do and when you want it.

Be specific and allow yourself to be outrageous.



NOW THINK ABOUT WHAT YOU WOULD BE THINKING AND FEELING IF THEY DID ALL THESE THINGS PERFECTLY



Notice that you can think and feel these things anyway.

ALLOW THEM TO BE WHO THEY ARE MEANT TO BE.

Who are they? What do they do? How do they act? What are they consistent in? When you aren't trying to control or interfere, who are they in their actions?

WHY DO YOU IMAGINE THEY DO THESE THINGS AND ARE THIS WAY?

What do you imagine their thoughts are that are driving their actions?

WHAT IS YOUR ABILITY TO LOVE THIS PERSON?

Note love can be a combination of acceptance, compassion, understanding, kindness, etc. You don't have to be IN LOVE with them.

When thinking of love in this way, do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love or not feel love for this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?



HOW DO YOU SHOW UP IN THIS RELATIONSHIP?

Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?



ARE THERE BOUNDARIES YOU WANT TO SET WITH THIS PERSON?

What are they? Remember a boundary is what you will do if the other person does something, e.g. *when you ask me to work late without notice, I'm going to say no.*

WHAT IS THE WORST THING THAT COULD HAPPEN IF YOU SET THAT BOUNDARY?

Are you willing to love that person even if the worst happens?

Are you willing to love yourself even if the worst happens?

WHO DO YOU WANT TO BE IN THIS RELATIONSHIP?

In other words, what kind of employee, boss, peer, etc., do you want to be? Make sure you think about this separately from the other person's behaviour—don't let that determine who you are.

Decide who you want to be. Take some time to really write it all out.

How do you want to feel? Why?

How do you want to act and show up?

What do you want to give and offer to this person?

It doesn't have to be a physical thing. It could be how you show up for them, treat them, think about them.

E.g. I want to always give them the benefit of the doubt

HOW DO YOU WANT TO THINK?

Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. You don't have to agree with everything they do to appreciate them. Your thoughts about this person creates YOUR experience in this relationship. What kind of experience do you want to have?

There are three categories of thoughts you need to manage in each relationship:

How do you want to think about yourself in this relationship?

How do you want to think about them in this relationship?

How do you want to think they think about you in this relationship?

WRITE AN "I'VE BEEN MEANING TO TELL YOU" LETTER BELOW.

You don't have to send this letter. It may feel a bit hokey, but writing it feels amazing. The purpose is to solidify your commitment to yourself about how you think and feel about this person.

Dear

I've been meaning to tell you.

I admire you for...

I'm thankful for...

I remember when...

You have shown me how...

You told me...

I'm grateful for...

I love (appreciate) you because...
