

A COMMITMENT TO SELF

RELATIONSHIPS

A FLEXIBLE TOOLKIT TO SHOW YOU WHERE PEOPLE BELONG IN YOUR LIFE... AND WHY

WELCOME TO YOUR RELATIONSHIP CIRCLES

Once you know how to do the
SEVEN CIRCLES it will become a tool for your life!

Every day, you will do a short and simple exercise that will help you get clear on your feelings and how you feel about the people in your life.

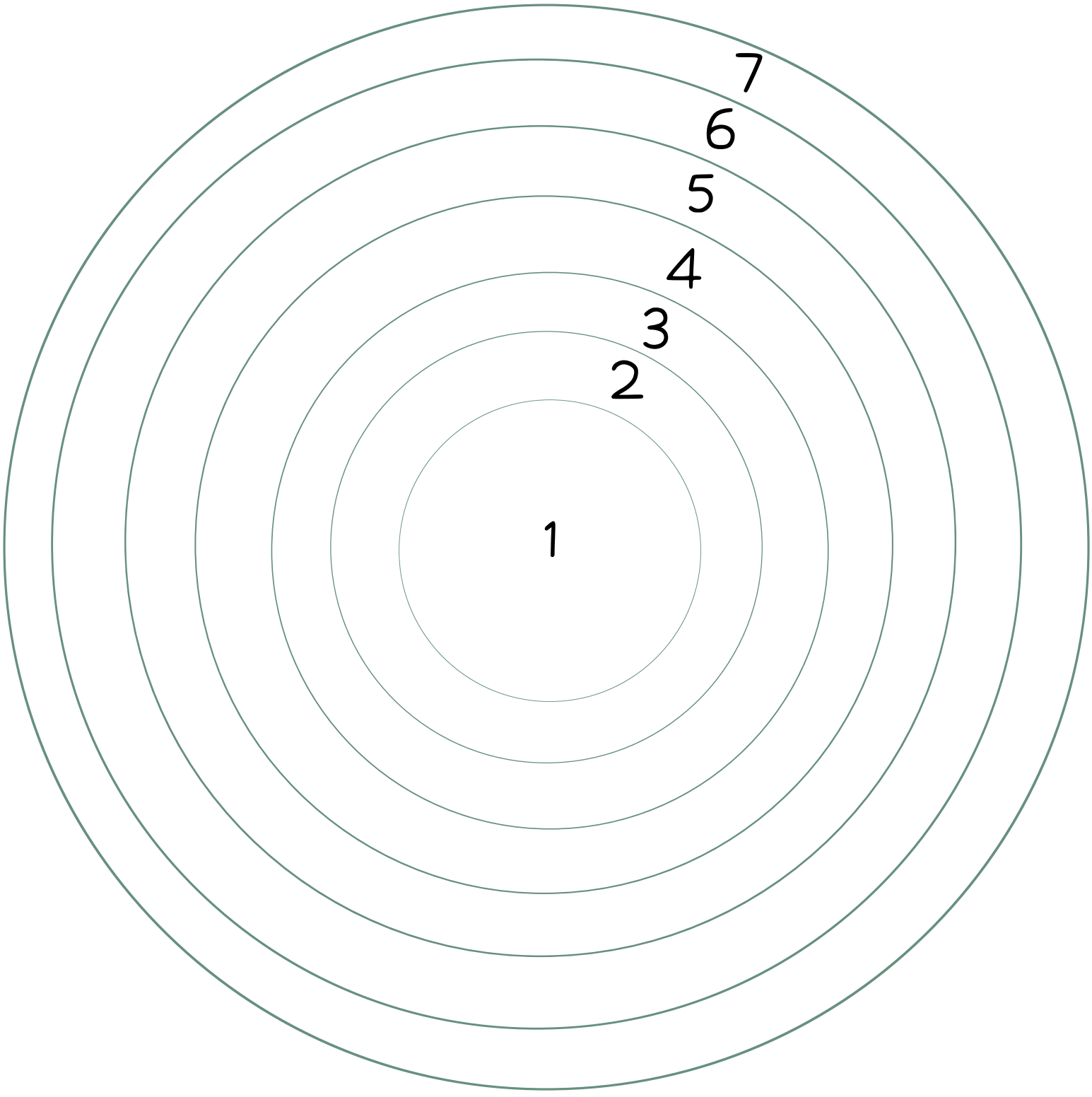
Every circle represents where people are in your life and your relationships with them.

You will choose and write down the names of the people in your life according to where you feel they fit in, right now.

These circles are not permanent.
Life is flowing and dynamic, and your circles will change.

The SEVEN CIRCLES PRACTICE is a tool for life to support you in getting clarity on who are in your life, why, and whether you are honouring yourself in each and every one of those relationships.

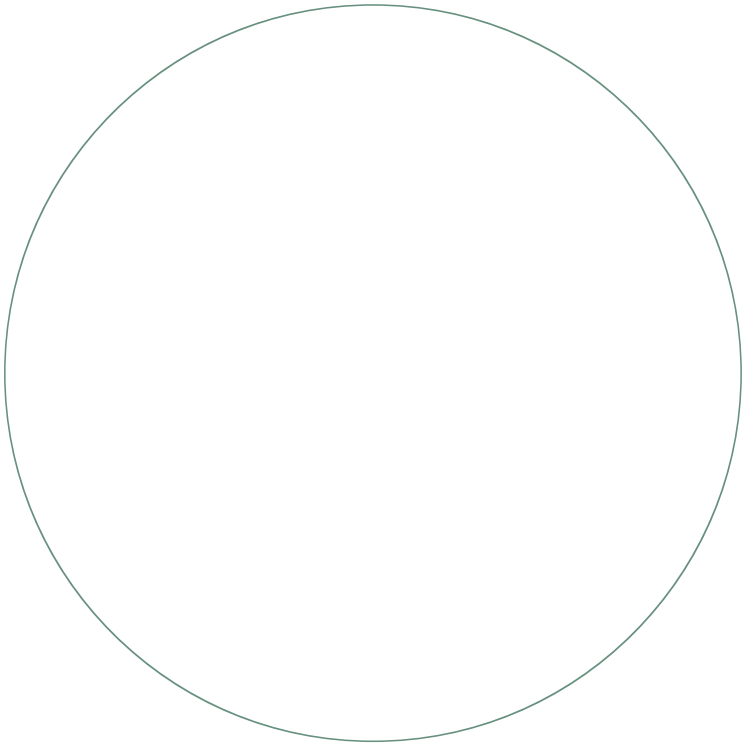
THE SEVEN CIRCLES



CIRCLE 1: ME

The Centre Circle is the Circle of Self.
This is where you feel the most authentically, you.
Confident, strong and trusting.

PRACTICE:
Who knows me best, here?
Who's in my Heart & Soul Tribe?
Who can I trust with my feelings, thoughts,
secrets and deepest fears?
Who do I feel free to be myself, with?

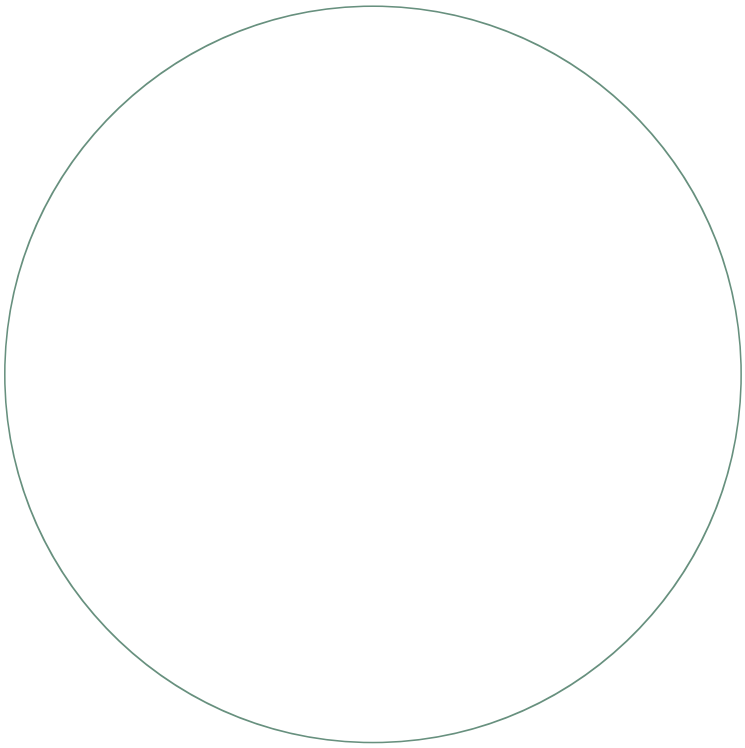


Be honest with yourself. You might only be able to put one other name, your own name or your pet's name!
Remember, the circles change.

CIRCLE 2: SAFETY

The Second Circle is for Safety.
You feel safe, accepted and confident with these people.
You don't always have to understand these people but they share your intrinsic values.

PRACTICE:
Who do I feel safe with?
Who do I share interests, plans and activities with?
Who makes me feel at ease, and balanced?



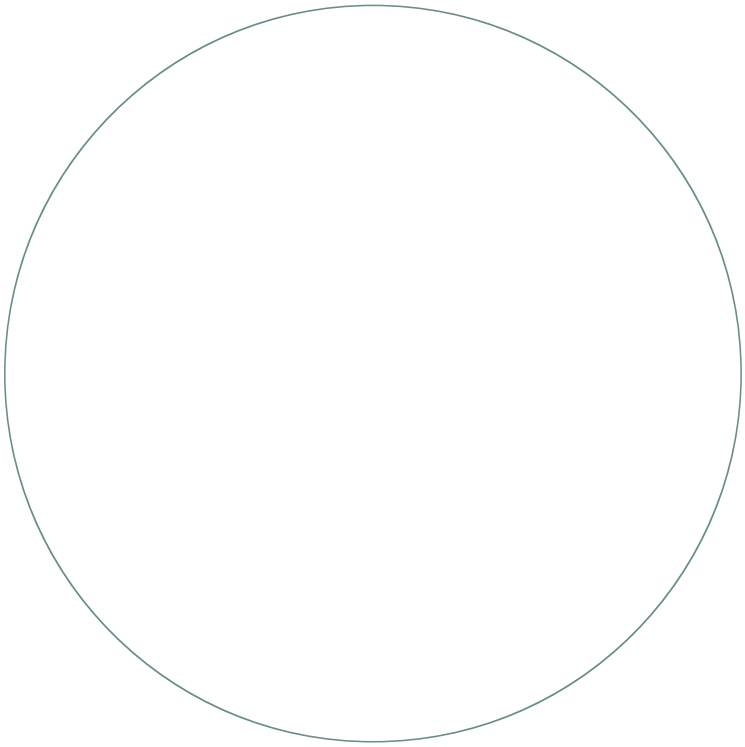
As you do the circles, you may move people in and out of circles.
Nothing is set in stone. This is about RIGHT NOW.

CIRCLE 3: RESPECT

The Third Circle is the Circle of Respect.
You feel uplifted around these people.
They may not be close to you, but you respect them.

PRACTICE:

Who do you respect? They may not be family but could be an acquaintance, like a coach or neighbour. You feel good about them.

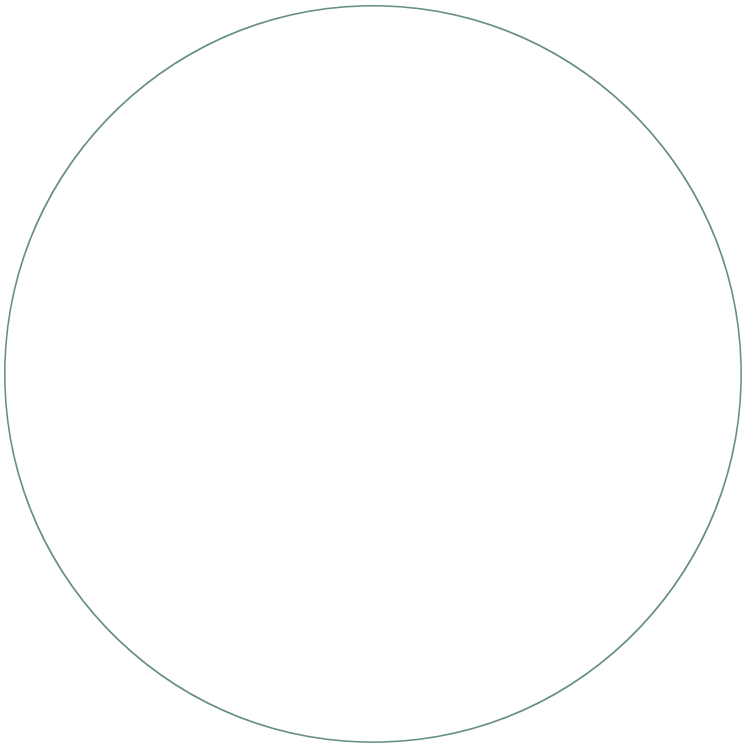


CIRCLE 4: FLEXIBILITY

The Fourth Circle is to give you a space where you are not sure about someone, or people you have just met. You're still deciding about these people... or moving people towards 1 or towards 7.

PRACTICE:

Who are you not sure about where to put?
Who have you just met?
Who is being moved in or out? Put them in 4.



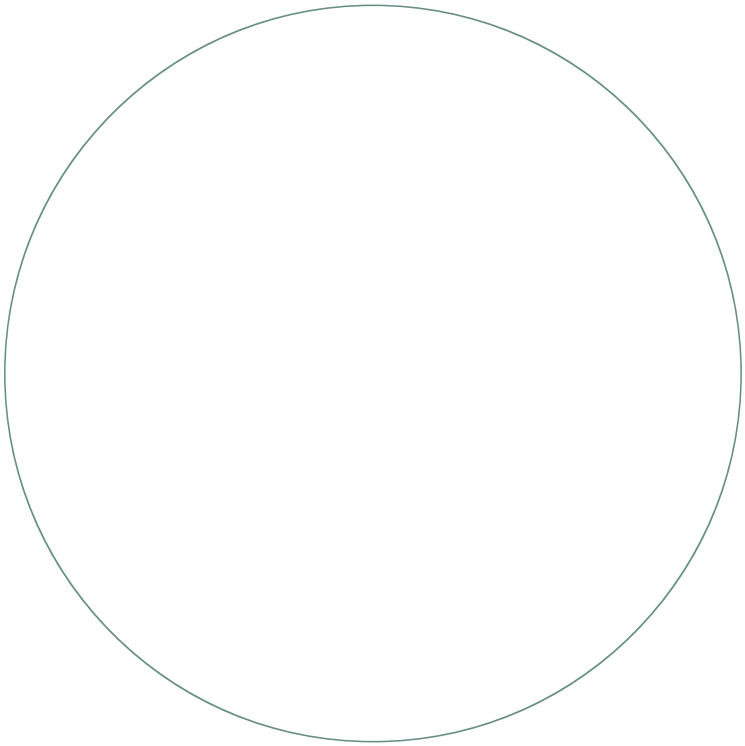
Use Circle 4 for anyone you're not 100% sure on, or new people.

CIRCLE 5: NOT ALIGNING

The Fifth Circle is the Circle for those people you are definitely moving away from. These people may have aligned with you at some stage, but not anymore.

PRACTICE:

Who have you decided don't have much in common with you? These people don't inspire you, or share your intrinsic values.

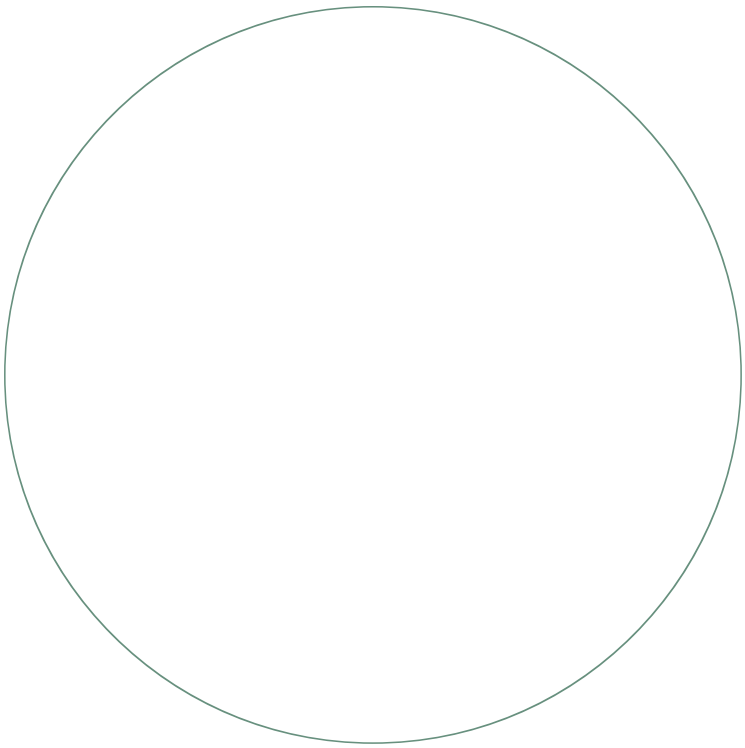


CIRCLE 6: DISCOMFORT

The Sixth Circle is for people you don't really feel comfortable with. You may have to work with them, or train with them but you just can't 'gel' with them. Putting them here lets you identify them so you don't have to apologise or explain yourself as to where they fit.

PRACTICE:

Who do you feel are in some way part of your life but you just don't feel comfortable with them - and you've tried!

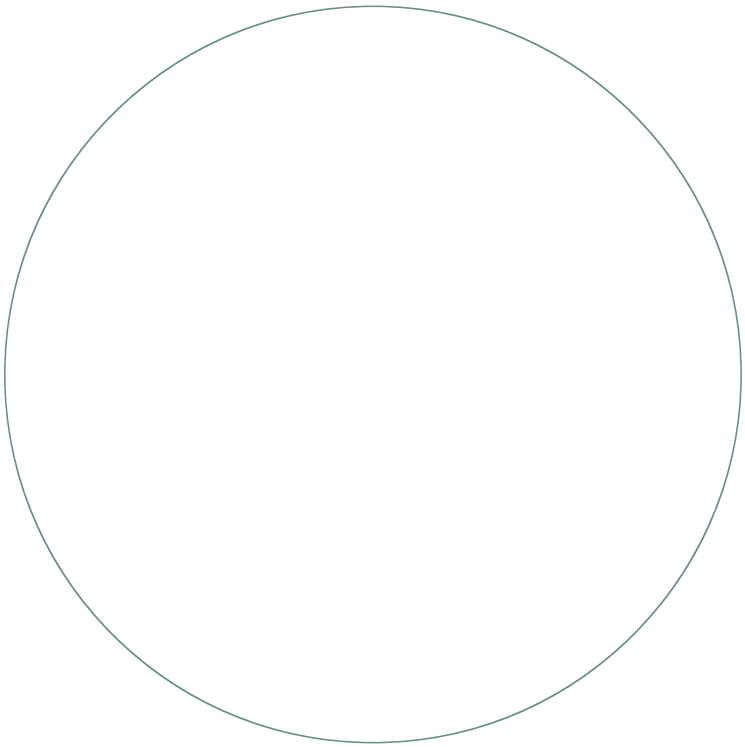


It's totally OK to have people in your friend group, sporting team etc that you just don't feel comfortable around. Honour your own feelings!

CIRCLE 7: LETTING GO

The Seventh Circle is the Circle of Releasing those who have hurt you, disrespected you, or let you down in some way.

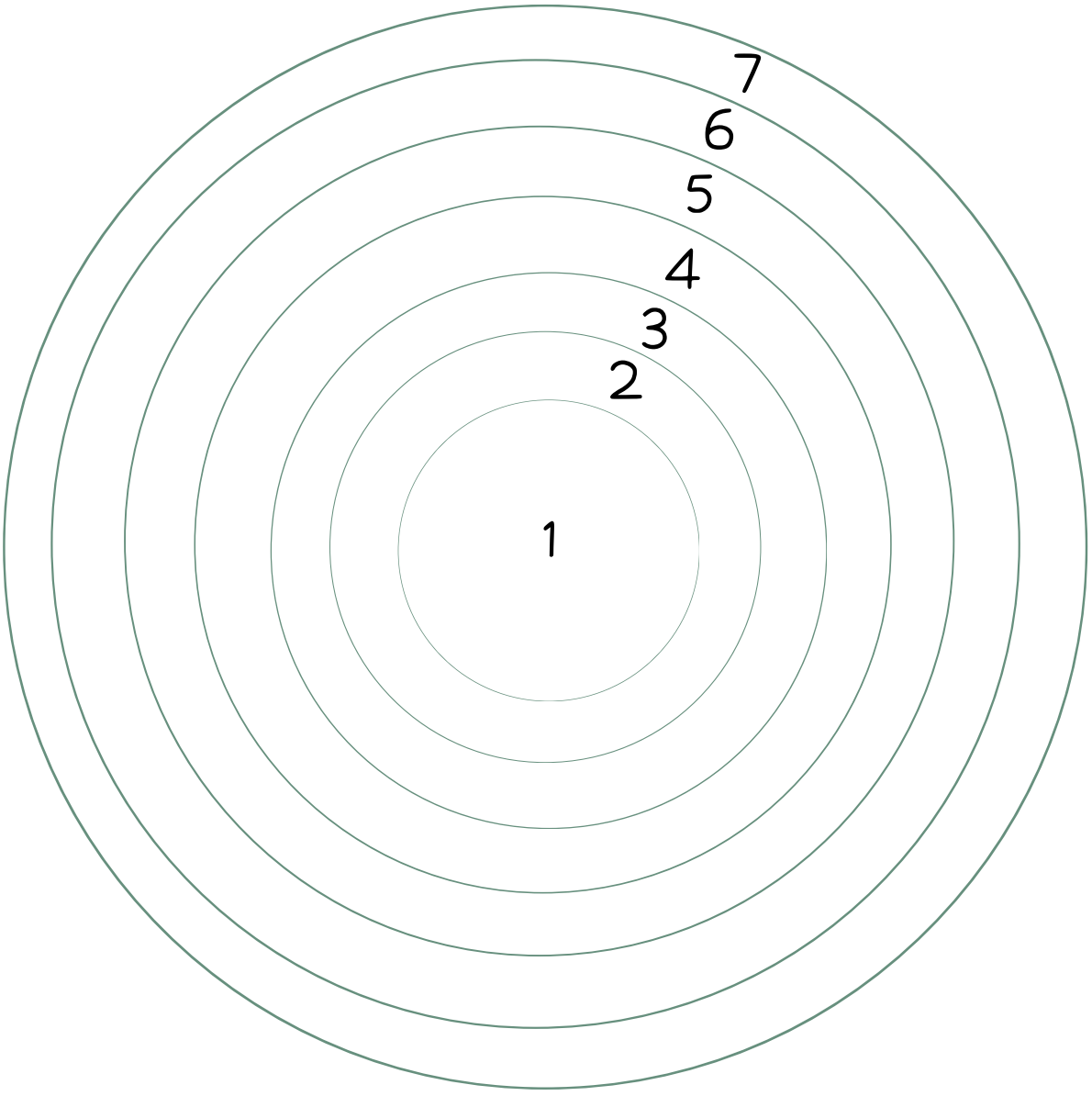
PRACTICE:
Who have hurt you, or continues to let you down?
Put those people in Circle 7.



Circle 7 is the furthest out from the Centre, allowing you to put physical and emotional distance between them and you.

MY CIRCLE RIGHT NOW

Write the names or initials of the people as you have discovered from the exercises:



Remember - Your Circles can change at any time.

MY CIRCLE EXPRIENCE:

What have you learnt about the people and relationships in your life, at this moment in time?

How can you use the Circle Practice to get clear on people and your relationships with them?

HOW YOU FEEL ABOUT YOU REALLY MATTRES!

You cannot force people to like you and you also cannot control how other people behave.

But sometimes, how we feel about ourselves depends on how other people treat us.

Being part of a group where you feel you cannot be yourself is confronting and unsettling and you can end up feeling more alone and judged, than you are, on your own!

When we give up on ourselves in this way, we end up doing things that don't align with our highest values - and your highest values are what make you, YOU!

It helps to know that sometimes, we cannot fully control our own behaviours and emotions, either! It's totally OK to feel overwhelmed and upset at yourself and others.

When complete your SEVEN CIRCLES you will find that you are in a much clearer place to know who to reach out to, when you need support!

Below is just an example.
What do YOU believe?

IN AND OUT OF YOUR CONTROL



NO CONTROL

The past

Unexpected events

What others choose

Other people's habits

Other people's problems and emotions

How others take care of themselves

What others do with their lives

Other's actions - good or bad

What other people think of me

SOME CONTROL

How I respond to unexpected events

How I spend my free time (when I'm still living with my parents!)

My body

My breath

How I handle challenges

Overwhelming thoughts and emotions

FULL CONTROL

My intentions

Who I choose to surround myself with

What and who I give my energy to

My choices

The goals I set

The present moment

How I speak to myself

My boundaries

How I speak to others

What I focus on

My actions

PRAISE GROWS YOU

The only way your body knows how you feel is with what you tell it to feel. Your body pictures what you tell it and if you think it enough times, your body will eventually believe it's true.

Your body doesn't know the difference between if it's actually happening or if you think it's happening. Imagine being in a Virtual Reality game. Just because you think something is true, doesn't make it true!

Start listening to your self-talk and focus on changing it:

- "I'm dying over here!" - This is challenging!
- "I am so stupid" - I am struggling a bit here!
- "I'm pathetic" - Wow, I am so hard on myself!
- "I am ugly" - I'm having a bad moment.
- "I feel so disgusted in myself" - This is just for now, this is not forever.
- "Nobody likes me" - That's not true. There are definitely people who adore me!
- "I feel horrible and confused!" - Maybe I need some water and a snack?
- "I'm a total failure!" - Failure is an event, not a person!

PRACTICE:

Pretend your body is a horse. Your horse always obeys you as to where it goes and what it has to do.

Imagine speaking to your horse the way you'd usually speak to yourself.

"You are so stupid!"
"You are so dumb!"
"What a failure! Look at you!!"
"No one even likes you!"
"You are so pathetic!"

What is your horse doing, when you speak to it, in that way?
You are the only jockey of that horse and only you can learn to control and guide your horse.

Learn to send signals to your horse with words of praise.
Close your eyes again. Now, tell your horse:

"You're doing great."
"You're so bright and strong!"
"You rock."
You got this."
"You are a champion."

REMEMBER, PRAISE GROWS YOU

SELF-PRAISE GROWS ME

Activity:

Pretend your body is a horse. Your horse always obeys you as to where it goes and what it has to do.
Imagine speaking to your horse the way you'd usually speak to yourself... Now change it around!



TYPES OF CRITICISM (AND WHAT TO DO ABOUT IT!)

CONSTRUCTIVE CRITICISM

- Someone is pointing something out to you in a caring and helpful way. Listen, let it in. You may feel self-conscious and embarrassed - don't get defensive.
- Constructive criticism is a great opportunity to learn to grow.
- It's OK to make mistakes - how else will you get better, or know next time?
- Failure is an event, not a person.
- This is a great opportunity to learn to ask for more feedback and greater clarity.
- It's probably coming from a person or someone in your Inner/Middle Circles?

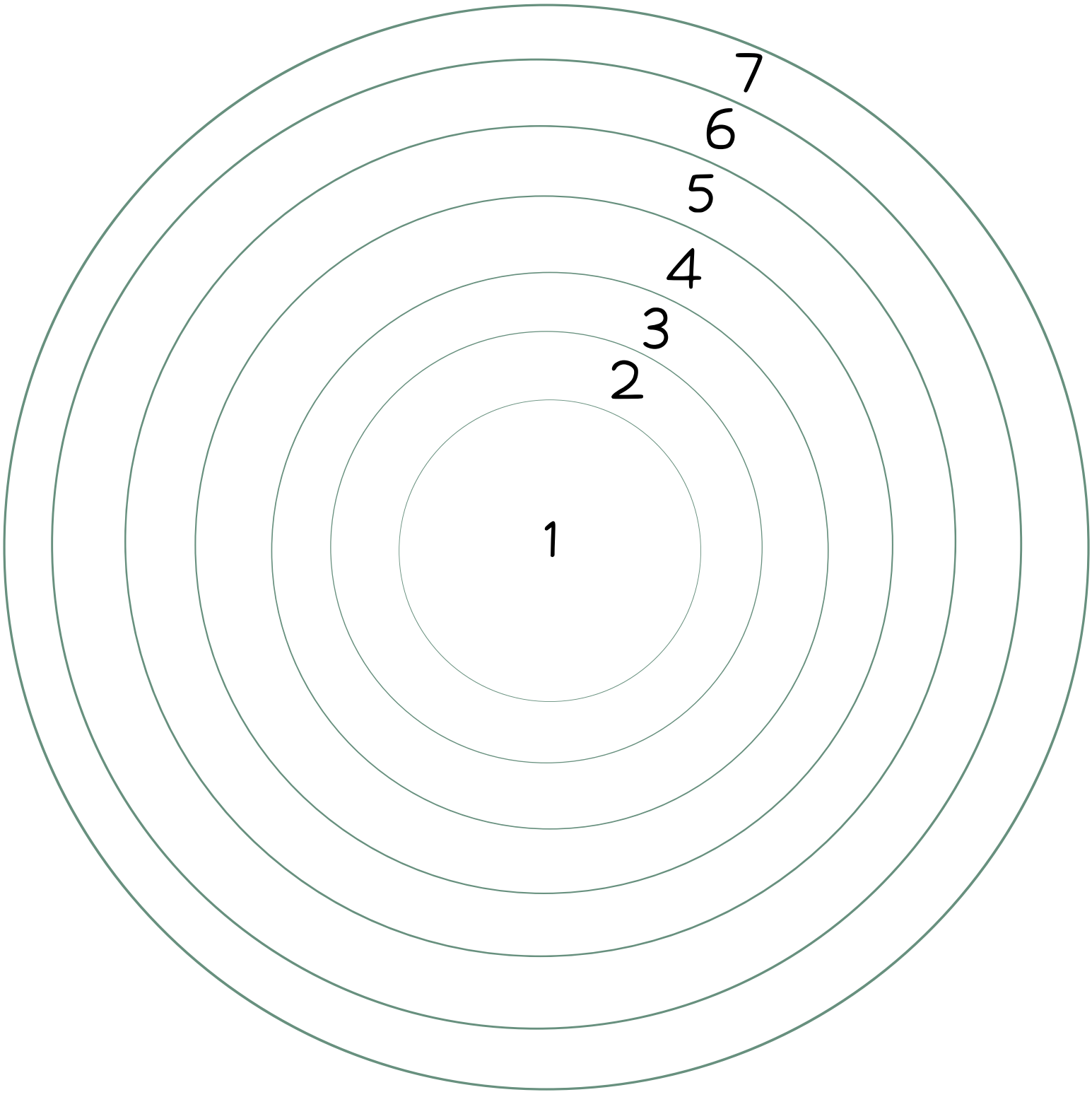
SELF CRITICISM

- Your thoughts dictate your feelings. Your feelings dictate your actions your actions dictate your life.
- It's NOT OK to beat yourself up. Life is a series of experiences - you can't beat yourself for every little mistake or error in judgment you may make.
- Choose and use words carefully when you speak to yourself. With practice, you *can* interrupt your train of thoughts!
- How? By stopping the train, and changing the carriages. OBSERVE your thoughts and CHOOSE not to let it in.

NEGATIVE CRITICISM

- Someone criticising just because they can.
- Mean, aggressive, repetitive. Belittling, scathing, insulting remarks that make you feel defensive, angry and very sad.
- "Why can't you be more like...? What's wrong with you?, No one likes you."
- You can listen but you don't have to let it in by making it mean something that simply isn't true about you or for you.
- It's probably coming from a person in an outer circle?
- Which circle do they belong to?

MY SEVEN CIRCLES



YOU DID IT!

After this practice, you have a much clearer idea of who fits where in your world.

The Seven Circle Practice is designed to be as dynamic as you are. You are an ever-changing human with ever-changing emotions.
Relationships are the same!

Print and use the Seven Circles Practice template whenever you need clarity and direction on what to do. Share it with a friend!

Reflect on what you've discovered:

- It's totally OK and expected to experience moments of upset, and to move people in and out of your Inner Circle of Tribe and Trust.
- Trust is earnt, and often only earnt by those closest to us.
- You are the CEO of your own life. Hire and Fire accordingly!
- Emotions come and go, some relationships come and go.
- Not everyone has to be your best friend. It's important to know who fits where, and why.

Remember: The Circles can change in one day.
Love yourself and give yourself
permission to be Kind to yourself and your emotions.
Bend like bamboo!

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