

# HOW TO ACT WITH SELF-WORTH IN YOUR RELATIONSHIP

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## Choosing what to eat for dinner, or what to watch on TV...

**Instead of:** "I don't mind, whatever you fancy."

**Try:** "I quite fancy Indian / Bake off."

>> Practice stating your preference (even if it's not necessarily your partner's preference).



## Saying NO when you're overwhelmed...

**Instead of:** "I'll do that for you" (then panicking and feeling resentful).

**Try:** "I'd really love to do that for you, but I can't today."

>> Tune into your honest-to-goodness capacity to help. Set a boundary as needed.



## Making decisions together...

**Instead of:** "I don't want to argue about this. Just go with your option."

**Try:** "I feel strongly about this. Is there a middle ground?"

> > Tune into your emotions and consider how you'd feel if your burden was shared.



## Asking for help...

**Instead of:** "I should be able to do this on my own."

**Try:** "It's hard for me to ask, but I need some help with this."

>> Tune into how you truly feel, then speak up. Seek compromise.



## Self-care...

**Instead of:** "I can't rest, I have the kids."

**Try:** "I need half an hour to myself, please take the kids."

>> Tune into your energy levels and top them up before they dwindle.



## Communication...

**Instead of:** "My partner should know what I need."

**Try:** "What do you want/need this week?"

>> Habitualise tuning into each other's needs by checking both ways.

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