

Connecting
L  **VE**

— RELATIONSHIP CONSULTING —

CONNECTING 2 LOVE

**EFFECTIVE WAYS TO
NOT LOSE YOURSELF
IN YOUR
RELATIONSHIPS**

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INTRODUCTION



RELATIONSHIP SPECIALIST

My focus is on how people relate to themselves and others. Being human means to connect and positive connection requires health relationships. I have found that our relationships with ourselves is the foundation of our relationships with others.

CONNECTING 2 LOVE

Here the goal it to make sure every woman gets the heathy relationship she knows she deserves. This is done by understanding self-love, self-care, and self-esteem and how those influences the relationships around her.

RELATIONSHIP CONSULTING

One-on-one work with me that explores and evolves emotional, logical, and behavioral patterns that create negative and unhealthy relationship interactions.

Objectives



SOURCES

- Identity development
- Life roles
- Personality
- Self-esteem
- Values

EFFECTS

How losing yourself influences every aspect of your life.



STOP

Steps you can take to actually stop losing yourself in your relationships.

TIPS

Action plan on how to return back to the woman lost and keep her once she is found.



EXPLORE

Exercises designed to guide you in thinking and feeling.

PRACTICE

Action plan on how to use what you've learned from the webinar in real life.



How Do You Know You Are Lost?

Void

Have you been feeling empty, dissatisfied, unfulfilled, and/or unmotivated in your relationships?

Compromise

To keep the "peace" you have compromised the expression of your needs, feelings, opinions, and wants, only to tend to everyone else's..

Overfocused

Have you been feeling tired, drained, overwhelmed by other people's problem because you focus more on their issues more than you're own?

Perfectionism

Do you try to tell others how they should go about living their life? Do you have the "how-to" plan for other's best life and get offended if other's are not living up to your expectations?

How Do You Lose Yourself in Your Relationships?

LIFE ROLES

The roles we have in our life guide our decision making and our priorities. Society already has a script for each role that dictates our interactions.

IDENTITY

Who you see yourself and how you see yourself is a narrative that shapes how much you invest in others. Its also connected to your life roles..

SELF-ESTEEM

The value that you put on yourself guides how you interact with others. It also guides your respect for your emotions, desires, and opinions.

VALUES

What you place value on can guide your priorities. Similar to roles, there can be a narrative already designed for your values and how they impact your relationships.



Exercise 1

Exploring

What do we do at this point?

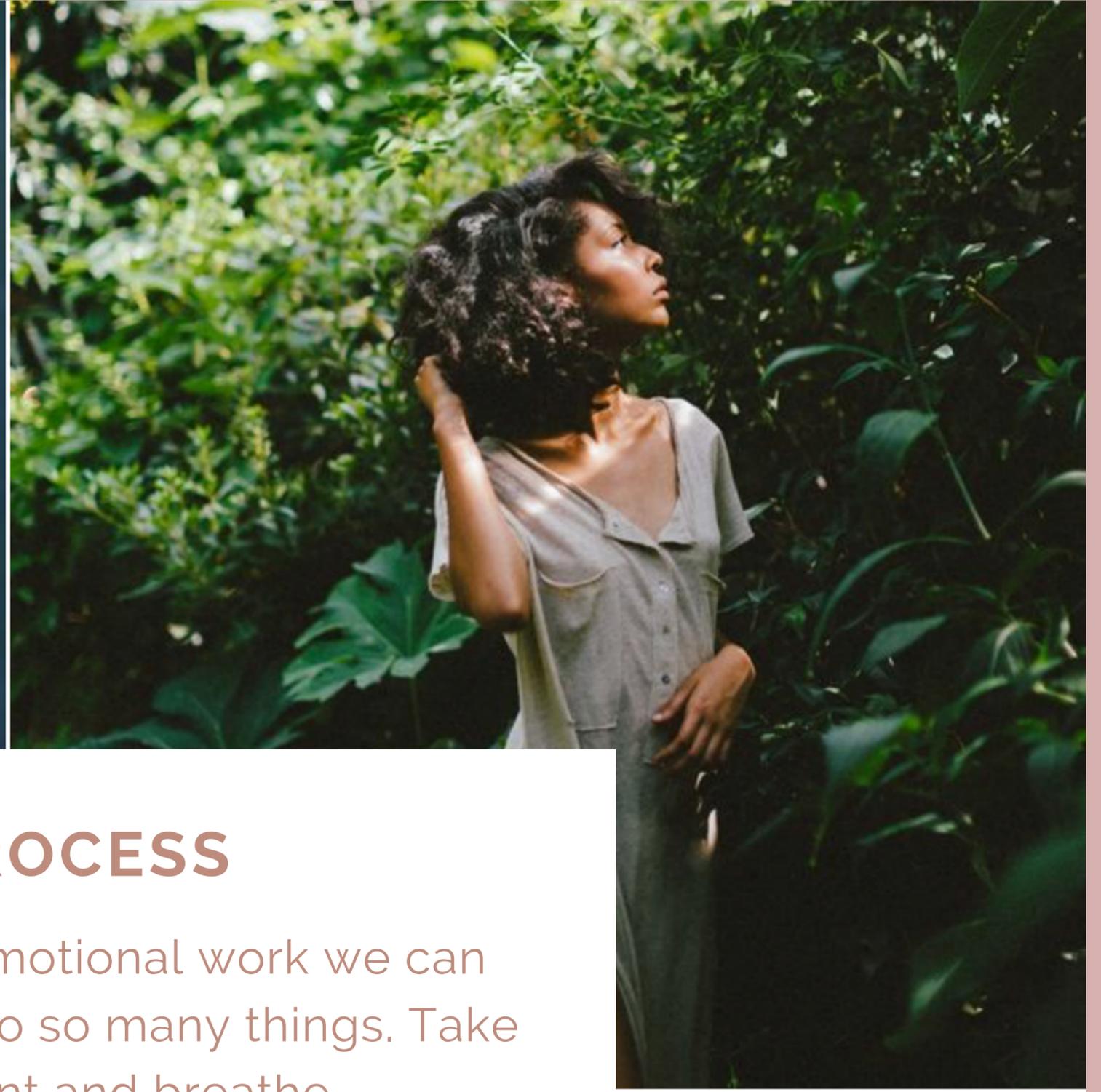
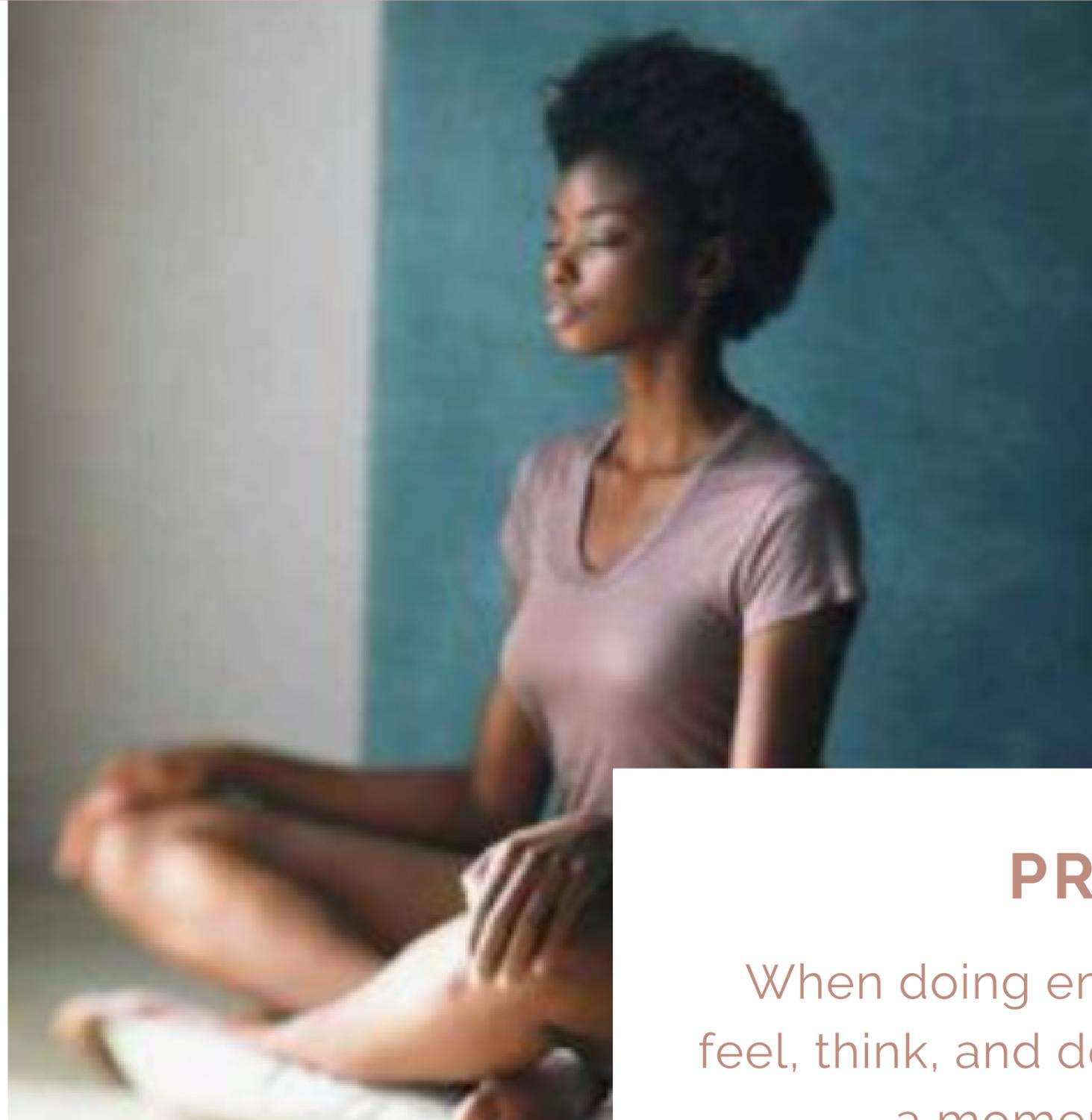
This is a moment for reflection and exploration. There are no right or wrong answers, These are your responses to your own personal experiences. Validate them by listening to yourself and being open to this entire experience. DO NOT second guess yourself unless you know you are not being forthcoming.

What will we need?

Your workbook and your heart. At this point is where you will be putting your workbook and your emotions to use.

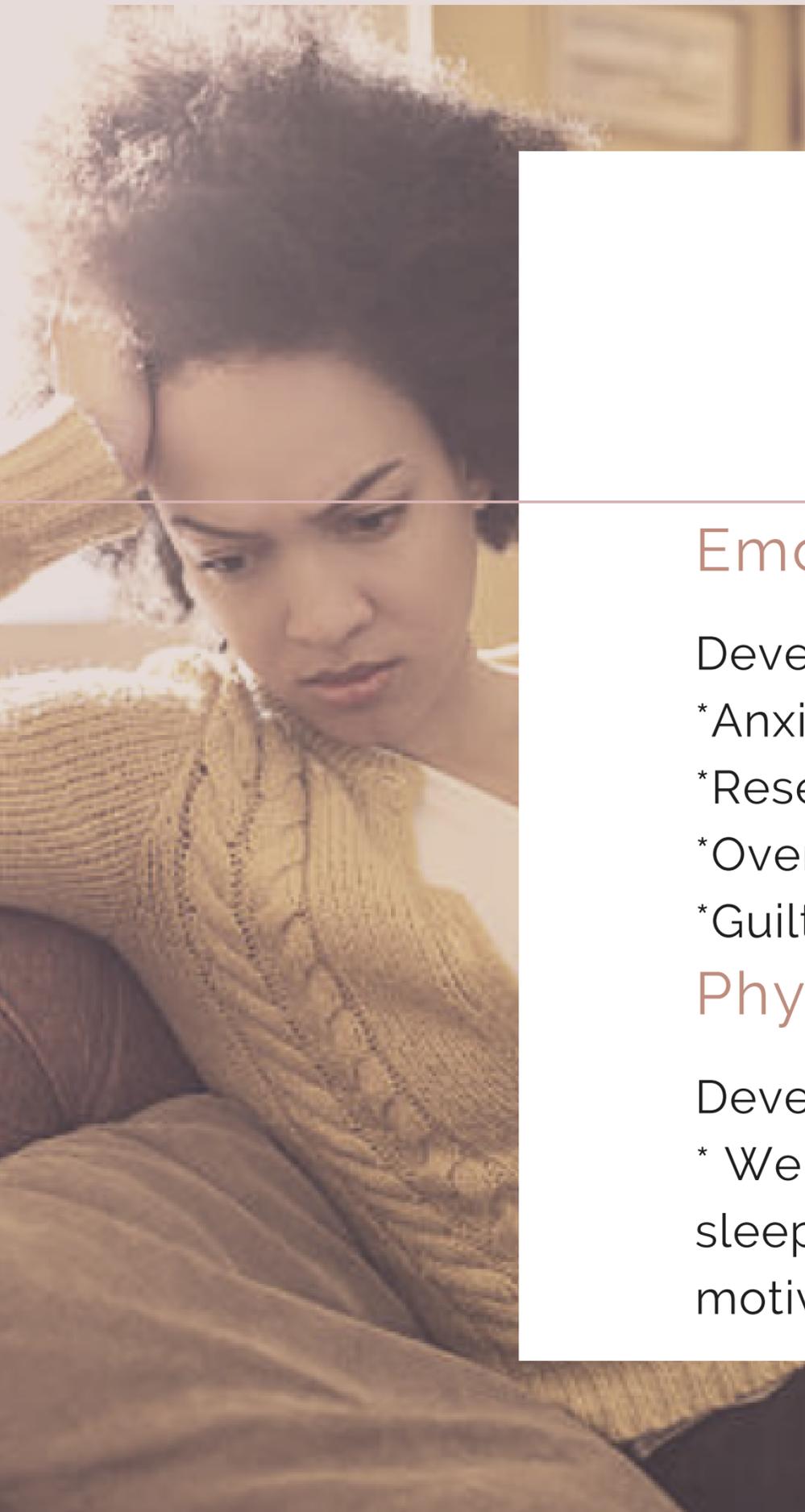
How long will this take?

To manage our time we will not stay in sections too long. Please use the workbook long after the webinar.



PROCESS

When doing emotional work we can feel, think, and do so many things. Take a moment and breathe.



What Happens to You When You Lose Yourself?

Emotionally

Develop:

- *Anxiety *Irritability *Anger
- *Resentment *Loneliness *Sadness
- *Overwhelmed *Helplessness
- *Guilt

Physically

Develop:

- * Weight gain/loss *Inability to sleep
- *Low energy *Lack of motivation to reach goals

Mentally

Develop:

- *Depression *Overly invested in other's problems
- *Unable to focus

Intuitively/Spiritually

- *Low self-esteem *Second guesses self
- *Doesn't listen to intuition *View self as unappreciated and not valued
- *While not speak up for self



Exercise 2

Effects

WHAT CAN YOU DO TO STOP LOSING YOURSELF?

IF YOU DON'T LEARN ANYTHING
ELSE, LEARN THIS!



THIS!



Boundaries

Knowing when and how to say "No", "Maybe", "Not right now".

Perception

Learning how to not assume you know what your loved ones need or want..

Expectations

Learning how to clearly discuss expectations..

Self-Care

Learn more about you.

Ask Yourself

Have I shared my expectations with this person?

*What do you expect of this person in this situation?

*Are the expectations realistic?

*What do you hope to gain with these expectations?

Am I doing this for me?

*Invest in yourself. You can't give to others when you have nothing to give.

*Finding hobbies, setting goals, or doing something separate from others you give to, rejuvenates you.

*Become assertive when speaking up for yourself.

Am I speaking/thinking for this person?

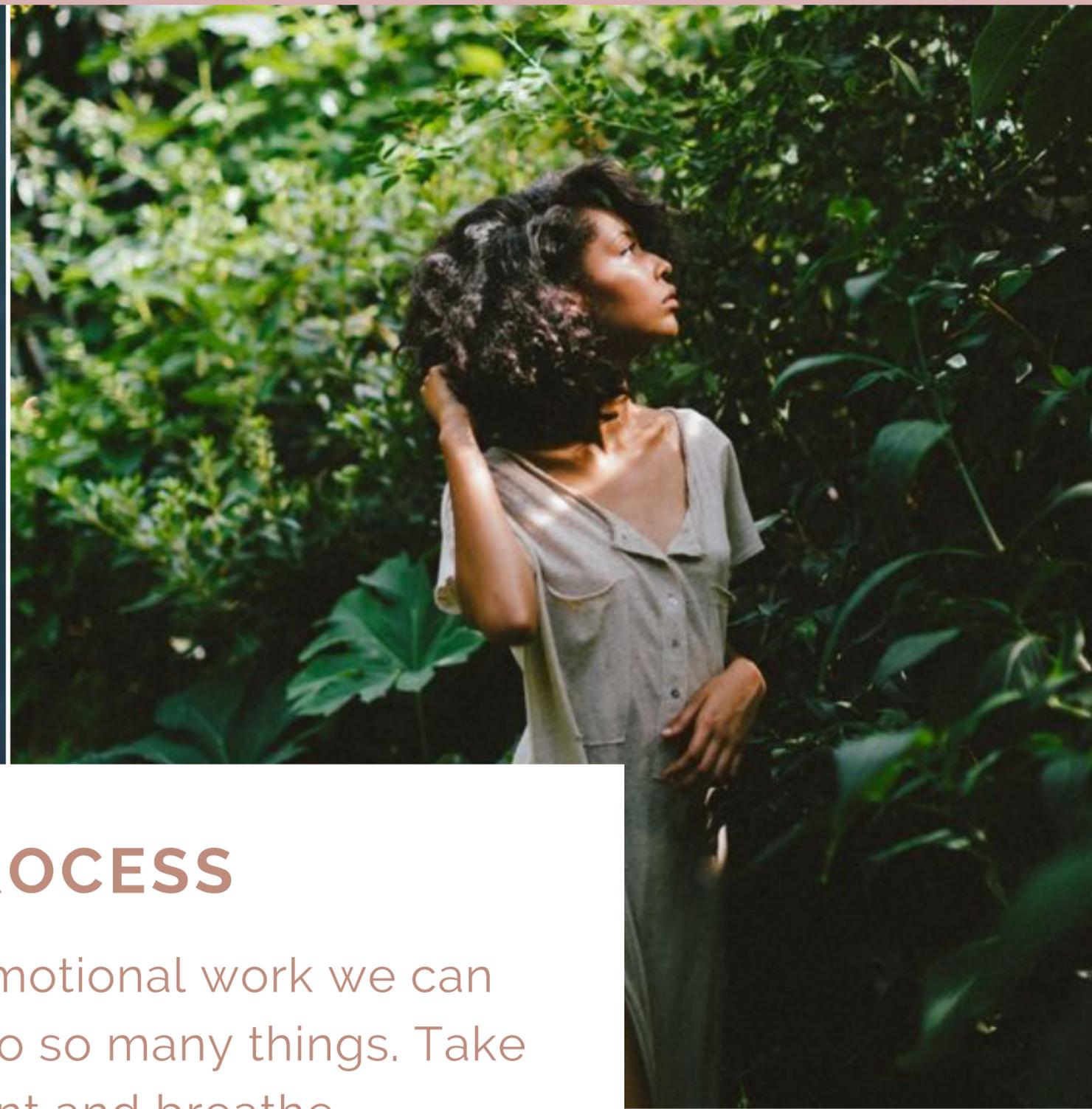
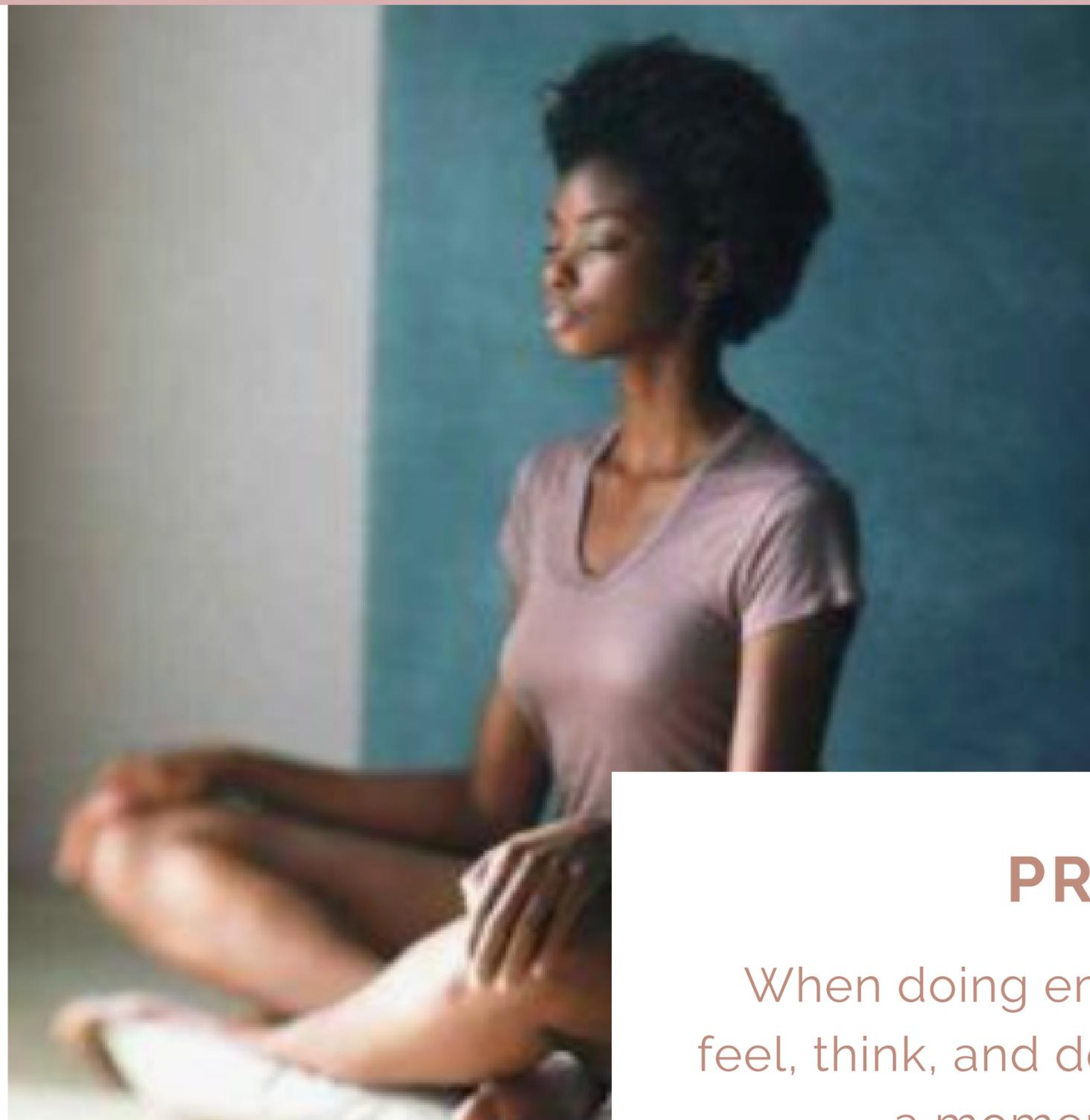
*Make sure you are not doing the "work" for the person. Be sure that they ask for your involvement before you get involved.

*Don't assume you know their opinion of you if they have not shared it.



Exercise 3

Boundaries



PROCESS

When doing emotional work we can feel, think, and do so many things. Take a moment and breathe.

Tips On Returning Back To You

SELF-AWARENESS

- *Explore what is important to you: values, hobbies, opinions, goals, needs, and wants.
- *Explore how your negative behaviors have contributed to you losing yourself.
- *Eliminate all patterns that negatively influence you and your relationships?

SPEAKING UP

- *Explore your communication patterns.
- *Discover how those patterns influence how you speak up for yourself.
- *Practice being vulnerable/courageous when speaking up for you rather than defensive or shut down.

BALANCE

- *Learn to balance keeping the peace and speaking up.
- *Discover how to show care without getting overly involved.
- *Practice thinking about yourself without the guilt or self-centeredness.

FIND INTERESTS

- *Explore your interests that you sacrificed in the past due to your relationships.
- *Discover new interests.
- *Discover interests that you enjoyed but somehow discontinued.

TIPS TO PREVENT LOSING YOURSELF IN THE FUTURE

INTERDEPENDENCE

- *Interdependence or healthy dependence involves two complete individuals who come together to support each other.
- *Interdependency enables you to not engulf yourself in the other person's problems. And, provides you with trust and safety to speak up for yourself.
- *Encourage you and other to maintain interests that have always been meaningful.

EFFECTIVE COMMUNICATION SKILLS

- *Learn to be clear and concise about your needs.
- *Learn to listen with compassion.
- *Be intentional about your conversations.
- *Recognize how your emotions influence your communication patterns.

VULNERABILITY

- *Practice having meaningful conversations outside of your life roles.
- *Practice being vulnerable enough to speak your piece.
- *Be kind to yourself when you recognize that you are having an emotional response.
- *Be courageous enough to know that saying no is not the end of that person's world.



Connecting LOVE

RELATIONSHIP CONSULTING

SERVICES

- *Individual
- *Couple
- *4-Hour Intensive
- *2-Hour Intensive
- #ConnectionSessions



CONTACT US

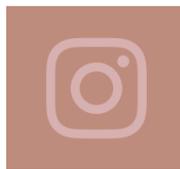
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