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Why Relationship Energy Matters

Not every relationship affects us the same way. Some leave us feeling encouraged, supported, and energized. Others may feel draining, stressful, or one-sided. Creating healthy space doesn't mean withdrawing from the people you care about. It means recognizing your limits, giving yourself permission to recharge, and building relationships that are sustainable during every season of life.

Are You Carrying Relationship Pressure?

Sometimes stress comes less from our relationships themselves and more from the pressure we feel surrounding them.

Consider whether any of the following sound familiar:

- ☐ I feel guilty saying no to requests or invitations.
- ☐ I worry about disappointing others.
- ☐ I feel pressure to respond to messages immediately.

- ☐ I struggle to balance time for others with time for myself.
- ☐ I often agree to commitments before considering my capacity.
- ☐ I feel responsible for keeping every relationship active.

- ☐ I have difficulty asking for space when I need it.
- ☐ I continue social obligations even when I'm feeling overwhelmed.

If you checked several boxes, you may benefit from creating a little more breathing room in your relationships. Continue to the next page for a Relationship Reflection activity.

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Relationship Reflection

Think about the people in your life and write down:

Someone who helps me feel supported: _____

_____

Someone I enjoy spending time with: _____

_____

A relationship I'd like to strengthen: _____

_____

A relationship boundary I'd like to maintain: _____

_____

Someone I haven't connected with recently: _____

_____