



Shakti Sister Circle

Assignment: Understanding & Transforming Relationships

Based on Chapter 10 – Relationships from *You Can Heal Your Life*

Take your time with this exercise. There are no right or wrong answers — only honest reflections and compassionate awareness. Let yourself feel, write, and explore deeply.

✔ Step 1 – Who bothers you?

Think about someone in your life who triggers irritation, frustration, or pain in you.
Write their name below:

Name: _____

✔ Step 2 – What bothers you about them?

Write **three things** about this person that you don't like or wish they would change. Be as honest as possible.

1. _____
2. _____
3. _____

Example prompts:

- They don't listen to me.
 - They always criticize.
 - They control everything and don't trust me.
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✔ Step 3 – Look within: Where do you relate to this?

Sit in silence for a few minutes. Ask yourself:

“Where in my life do I act like this?”

Look for patterns — behaviors, emotions, reactions — in yourself or your environment.

Start with yourself → then parents → then siblings → then relationships around you.

Write your reflections here:

- I see this behavior in myself when _____
- I see this in my mother/father/sibling when _____
- I notice this happening in my parents' relationship when _____

Prompts to guide you:

- Do I get angry or controlling at times?
 - Do I fear being judged and then react harshly?
 - Did I learn this from someone close to me?
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✔ Step 4 – Where are the roots? Are you ready to change?

Keep following the trail of these qualities until you understand where they are coming from — family patterns, old wounds, or beliefs.

Now ask yourself:

“Am I ready to heal and change this pattern?”

Write your honest answer:

- Yes, I am ready
- I'm not sure yet, but I am willing to explore
- No, I feel resistant

If yes or maybe, write what changes you are willing to make:

✔ Step 5 – Heal, transform, and attract healthy relationships

When we heal the patterns within ourselves, we naturally attract healthier relationships. This is the real work.

Write down qualities you want to develop in yourself to transform these patterns:

1. _____
2. _____
3. _____

Example prompts:

- I will practice patience when I feel irritated.
- I will communicate calmly instead of reacting angrily.
- I will work on trusting myself and others.

Healing beliefs you can affirm daily:

- ✔ “I am learning to respond with love instead of fear.”
- ✔ “I choose to see the best in myself and others.”
- ✔ “I attract relationships that reflect my growth and peace.”

Take a few moments each day to repeat these or create your own affirmations. These will help reprogram your subconscious mind and support the changes you are making.

✨ Final Reflection

What is one insight you discovered about yourself today?

What is one small action you can take this week to practice this change?

