



Awareness Practice: Transforming Roles and Obligations

1. Think of the roles you play in your relationships (wife/husband, girlfriend/boyfriend, mother/father, daughter/son, friend, employee, etc.). What about these roles pleases you? List or describe some aspects. (For example, if you enjoy being a mother, you might say that you're loving, dedicated, and creative.)
Would you like to increase or expand upon these roles? If so, describe ways you might like to do that. (If you'd like to enjoy being a mother even more, you might want to spend different kinds of time with your family.)
2. As you reflect on the roles that apply to you, is there anything about them that you don't enjoy? (Maybe you have obligations that feel constraining.)
3. What would you like to do instead? (For example, you might like to feel freer as a mother.) Describe what would support you in feeling that way. (You might communicate differently, or spend time doing something just for you, or get help with tasks you don't enjoy.)
4. Would anyone be upset or disappointed if you changed? What are your fears about that? (If you spent less time doing some things you don't enjoy, what might happen?)
How might you transform those fears? (For example, if you don't feel like cooking every night, and you're afraid of your family's reaction, what could you do instead — go out to eat, bring dinner in, make simpler meals, have someone share the meal preparation with you, or even have them take over a few nights a week?)
What Joyful Solutions can you create?
5. Use your Inner Critic Care System to give yourself permission to change. This means uncovering and caring for the parts of you that think you "should" do certain things, "or else."

To expand your awareness about roles and obligations, go to:

SucculentWildLove.com/Roles