



## Awareness Practice: Exploring Joyfull Separate Paths

1. Take a moment to reflect on times when you stayed too long in a relationship.  
Are you wanting to leave any relationship now? If so, what is holding you? Develop a Joyful Solution to either change what is bothering you in the relationship or decide how you can exit.
2. Are there times in your current relationships when it would be good to separate from activities sooner, such as leaving a discussion or other joint activity? This could be when one of you is feeling negative, when you're feeling uncomfortable, or simply because you want to be free to go on to something else. If so, picture how you might allow yourself to separate when you want to.

Sometimes taking a separate path is the most growthful, and ultimately the most joyful, step for all involved. For more about this, go to:

[SucculentWildLove.com/Separate](http://SucculentWildLove.com/Separate)