



An introduction:



Did you know that your relationships with those around you, starting with your family, then your friends, work/study and society, all put a strain on you? Because the demands of everyone around you sometimes become overwhelming that you really forget what you want your life to be like. You try to respond to everyone's requirements, so your behavior changes to satisfy them. This affects you intellectually when making the appropriate decisions of your life; this may even have a negative impact on your physical health because you repress feelings that you cannot show, and would turn into physical aches that you may not be aware of their source at first.



Demands / Expectation



Complete this worksheet to discover some of the causes of anxiety in your life.

My Relationships' Requirements

Example:

(what are the things that you consider as requirements?)

Community

Family





Work

Study

Friends

The effect of the type of my response on:

Note: Think about it because internally you are not satisfied with your response

| My body | My thoughts | My behavior | My feelings |
|--|--|---|---|
| <p>where do I feel the physical pain, mark on the image:</p>  | <p>What kind of thoughts come to mind?</p>  | <p>Do I notice a change in my behavior with those around me?</p>  | <p>what kind of feelings arise in me?</p>  |

How will my response to the demands of others affect my life in the long term (e.g. after a year)

After this paper, what will you choose for yourself: On the levels of my:

| Body | Thought | Behavior | Feelings |
|-------|---------|----------|----------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

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Have you become more aware of the kind of anxiety your relationships create in your life?
write how, or draw