

Relationships and Validation Prompts



Whose approval matters most to me, and why?



When do I find myself changing my personality to make someone else comfortable?



What do I do when I worry that someone is disappointed in me?



Where am I giving more than I genuinely have the energy to give?



What am I afraid people will think if I stop being helpful all the time?



Which relationships allow me to be honest without constantly managing how I am perceived?



Do I ever agree with someone simply because disagreeing feels uncomfortable?



What kind of treatment do I consider acceptable from people I care about?



What relationship pattern keeps repeating even though I know it leaves me unhappy?



How would I behave differently if I believed I could be worthy without being useful, agreeable, or constantly available?

