
HEALTHY RELATIONSHIPS ARE NOT BORING



A GUIDE TO ESTABLISHING
HEALTHY RELATIONSHIPS
WITH YOURSELF AND OTHERS.

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INTRODUCTION



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Hello there! Welcome to this empowering guide on nurturing healthy relationships, both with yourself and those around you. I'm Brieanna Aubrey, your trusted Certified Life Coach, and I'm thrilled to be your companion on this journey. Get ready, because we're about to uncover some invaluable insights together.

In this e-workbook, we're diving deep into the art of fostering healthier connections with your loved ones. If you've ever wondered, "How can I strengthen my relationship with my mother?" or pondered the mysterious essence of a thriving spousal bond, you're in the right place. You see, healthy relationships are not just a checkbox; they're a key ingredient in enhancing the overall quality of your life. This guide is your starting point—a compass for navigating the seas of healthy relationships amidst a world that often glamorizes toxicity as "fun." But we know better, don't we? Let's redefine what it means to be healthy and revel in the freedom it brings. Say goodbye to the misconception that healthiness is dull and mundane. It's time to embrace the fact that personal growth and healing are, in fact, thrilling adventures.

Are you ready to step into your truth, to mature, and to gaze honestly into the mirror of your relationships? Let's embark on this incredible journey together. Throughout this workbook, you'll discover interactive resources like real-life guidance, thought-provoking journal prompts, and engaging activities that you can seamlessly integrate into your daily life. It's time to roll up our sleeves and get started on this transformative path toward healthier, more fulfilling relationships.

So, are you with me? Let's begin this empowering journey of self-discovery and relationship enhancement together.

IT STARTS WITH YOU, FIRST

Let's talk about the very first step in the journey toward building and nurturing healthy relationships—establishing a healthy relationship with yourself. It's the foundation upon which all other connections are built, and it's an act of self-love that can transform your interactions with others.

What do I mean by this? Well, before we embark on the path of forming meaningful connections with others, it's crucial to ensure that you're in a space where you can truly listen to your inner self, understand your needs, and actively engage in personal growth and healing. This self-nurturing journey sets the stage for the beautiful relationships you're about to cultivate because, believe it or not, the way you perceive and treat yourself profoundly influences how others will perceive and treat you. So, what does establishing a healthy relationship with yourself look like? It's about tending to your mental, physical, and spiritual well-being. In this workbook, we highly recommend exploring our "How to Start Healing" and "Trauma Triggers" sections to guide you on this journey of self-discovery and self-care. But remember, this is just the beginning.

You've probably heard the age-old saying that you have to love yourself before you can love others. Well, it holds true in this context too. To cultivate healthy relationships with those around you, you must first understand what a healthy relationship means to you. What does it look like? How does it feel? What do you want it to be like with others? It all starts with you.

Let's begin with a journal prompt.

Take out your journal and answer these questions: "What does a healthy relationship look like to me?" and "What does a healthy relationship with myself look like?" write them down and start actively practicing these principles in your daily life.

For instance, if nurturing a relationship with yourself involves seeking therapy or life coaching, staying physically active, or doing the internal work necessary for a better quality of life, then begin by taking small steps. Perhaps it's finding a new hobby, diving into therapy, or simply getting active again. Small changes in your mental, physical, and spiritual well-being can yield significant transformations in your overall perspective and quality of life.

THE RELATIONSHIPS THAT ARE MEANT FOR YOU , WILL ALWAYS REMAIN .

Establishing and nurturing meaningful relationships is a beautiful journey that we all embark upon in our lives. It's a dance between our desires and the readiness of others to share in that connection. Sometimes, we're all set to cultivate healthy relationships, investing time and effort to ensure they thrive. But it's important to remember that not everyone we encounter may be in the same place as us, and that's perfectly okay. Whether it's a family member, a close friend, or someone special in your life, there may be instances where they aren't quite ready to embrace the path of a healthy relationship. In such moments, it's up to you to decide how they fit into your life and journey. Sometimes, it might mean adjusting your expectations or boundaries to accommodate their presence. However, in certain situations, especially when a relationship becomes draining or toxic, it's essential to consider whether it's best to let go. Have you ever ran into those people that are like “ this is just how I am” translation accept me as I am and continue to put up with my foolishness. Let me be the first to tell you, you do not have to.

It's perfectly normal for people to be on different paths in life, and their readiness for growth and change may not align with yours. This doesn't mean they won't ever be ready or that it's your responsibility to change them. It's about recognizing your own worth and ensuring that the relationships in your life contribute positively to your overall well-being. This principle applies to longstanding friendships, family ties, and romantic partnerships alike. We can't force others to want healthier connections with us, nor should we take it personally if they're not ready. Instead, we must decide how to navigate these relationships moving forward. This might involve loving them from a distance or, as mentioned earlier, making the difficult choice to cut ties for your own peace of mind.

Those who genuinely love and care for you will always support your journey towards healthier connections. They'll willingly work alongside you to build and maintain those bonds. However, sometimes, even with love and care, people may not be ready at the moment. Remember, the relationships meant for you will endure. Even the most challenging ones will find their place in your life's tapestry if they are meant to be. These enduring relationships will evolve and adapt as you grow, heal, and evolve as a person. They will remain a constant presence, always willing to put in the effort and growth for the betterment of both themselves and your shared connection.

PEOPLE PLEASING

One of the most common struggles many of us face is putting the happiness and desires of others ahead of our own. In our relationships, whether they're with family, friends, or partner we often find ourselves unconsciously neglecting our own needs to ensure others are content. Sometimes, this stems from a desire to avoid conflict or discomfort, and other times, it's rooted in the belief that our own opinions and voices aren't as important. People-pleasing can be a significant roadblock to personal growth. It can lead us to adopt the perspectives and preferences of others, leaving our own desires and perceptions in the shadows.

So, where does this people-pleasing tendency begin? Often, it can be traced back to our early experiences. Were you dismissed or ignored as a child? Were you never given the opportunity to make your own decisions because someone else always believed they knew what was best for you? Identifying the root cause of your people-pleasing behavior is a crucial first step.

Once you've uncovered the origins, it's time to rebuild trust in yourself and rediscover your voice. Start by paying attention to that "gut feeling" or what some call their inner guide. I like to refer to it as my "holy spirit." Listen to it; it knows what's best for you better than anyone else. When you don't want to attend an event, it's okay to say no. When you feel that uneasiness about something, nine times out of ten, it's your intuition trying to protect you. Trust yourself and honor your mind and body when they signal that something doesn't feel right.



As you embark on this journey of self-trust, you'll begin to find your voice and reclaim the power that may have been lost along the way. Here's a simple exercise to get you started: Treat yourself to a solo date. That's right, plan an outing where you can spend quality time with yourself, whether it's a solo dinner, a movie night, or a peaceful picnic. This time is all about you, so prioritize your own desires.

While on your solo date, take a moment to reflect by responding to this journal prompt: "How did it feel when I chose myself today?" This simple exercise will help you reconnect with your own needs and desires, reinforcing the importance of self-care and self-validation. Remember, the journey to stop people-pleasing and reclaim your authenticity starts with recognizing your worth and embracing your true self.

NAVIGATING CONFLICT

Let's talk about the elephant in the room: conflict and adversity in relationships. It's not the big bad wolf we often perceive it to be; in fact, it's as normal as breathing. Now, I know some of you fellow people pleasers might be tempted to hit the panic button right about now, but hang tight — I promise you, I won't let you slip away. I'm here to share some priceless wisdom on how to handle conflict in a way that nourishes your relationships. When the storm of conflict gathers on your horizon, it's crucial not to let your initial emotions steer the ship. Instead, give yourself the gift of time to process what you're truly feeling. We often get caught up in the whirlwind of our emotions, and in doing so, we miss the valuable lessons that conflicts are trying to teach us about ourselves. You see, conflict is like a personal growth challenge, and it's often showing us the way forward. After you've taken a moment for yourself, allowing those emotional waves to settle, take a step back and survey the situation from every angle. Look at it through your eyes, the other person's eyes, and the lens of the relationship itself. Examine your own contributions to the situation and theirs as well. Dive deep to uncover the root cause of the conflict, because that's where the real treasure lies. Armed with this newfound understanding, return to the conversation with a heart full of compassion and a commitment to constructive communication. You see, conflict doesn't have to be the villain in your relationships. It can be a force for good, a catalyst for growth, if you're willing to embrace it as such.

Now, here's a practical exercise you can use the next time you find yourself in the throes of conflict or a heated argument. It's what I call the "Take 5 Method."

1. **Take 5 minutes to Calm Down:** When you feel the tension rising, step away for 5 minutes. Find a quiet space, take a few deep breaths, and let the initial storm of emotions subside.
2. **Take 5 minutes to Process the Root Cause:** During these 5 minutes, think about what's truly at the heart of the matter. What's the underlying issue that sparked the conflict?
3. **Take 5 minutes o View from Both Sides:** Now, spend 5 minutes looking at the situation from both your perspective and the other person's point of view. Empathy is key here.
4. **Take 5 minutes to Identify Your Role:** Reflect on the part you played in the conflict. No one is blameless, and this exercise is about self-awareness and growth.
5. **Take 5 minutes to Express Your Feelings:** Finally, jot down how you felt during the situation or how the other person's actions made you feel. Writing can be incredibly therapeutic and clarifying.

This simple 5-minute, 5-step method can be a game-changer in navigating conflict within your relationships. It provides you with the space and clarity needed to turn conflict into an opportunity for connection and personal growth. So, embrace those moments of tension, my friend, because within them lies the potential for deeper, healthier relationships.

EFFECTIVE COMMUNICATION

ISN'T IT AMAZING HOW POWERFUL EFFECTIVE COMMUNICATION CAN BE? IT'S LIKE THE GLUE THAT HOLDS RELATIONSHIPS TOGETHER. TO TRULY CONNECT WITH SOMEONE,

You know, effective communication is such a powerful tool in our lives. It can make a world of difference. But you know what? It's not just about talking; it's about really listening and understanding too. They go hand in hand.

So, let's talk about how to get started with effective communication. First, it's important to express yourself from a place of clarity and openness. Try not to let overwhelming emotions and preconceived judgments cloud your mind. Clear the mental clutter as much as you can so that you can express yourself in a healthy and constructive way. Remember, your heart has to be in the right place when you communicate. It's not just about the words you say, but also your tone, facial expressions, and the energy you bring into the conversation. Being mindful of these things can make a huge difference when you're trying to connect with someone.

Here's a little reflection exercise for you:

Think back to a time when you could have communicated more effectively. What held you back in that moment? What made it difficult to express yourself in a healthy way? It's important to understand these barriers so you can work on overcoming them.

And here's a thought-provoking question to ask yourself: "Am I truly communicating or am I projecting my own emotions onto the situation?" Sometimes, we end up projecting our feelings instead of effectively expressing them, and that can create misunderstandings.

Remember, learning to communicate effectively is a journey. Start small, practice, and be patient with yourself. You'll find that it can lead to more meaningful connections and better relationships in your life.

GET TO KNOW EACH OTHER

You know, when it comes to building healthy relationships, there's something fascinating I've noticed – many people don't take the time to truly get to know each other. I'm not talking about the basics like favorite colors or birthdays, but going beyond the surface to understand who they really are. We're all evolving and changing as individuals, so taking that time to know someone on a deeper level can lay the foundation for a genuine and authentic relationship. Have you ever found yourself around family members and felt like you're hanging out with strangers? Or perhaps you've been in a relationship and realized you're getting to know the person you're dating as you go along? It happens, and it's a clear sign that taking your time to understand people is crucial.

Getting to know someone means diving into their life experiences, understanding their background, and discovering their likes and dislikes. Showing genuine interest in this process reflects care and acceptance. Knowing someone for who they truly are and accepting them as such is a fundamental building block for a healthy relationship.

Have you ever considered that even if someone has been in your life for a long time, like family, close friends, or a spouse, they may not truly know the real you? It's entirely possible. So, getting to know each other should be an ongoing endeavor. We're constantly growing and changing, and as a result, we're always in the process of learning more about one another. No matter what role someone plays in your life, it's essential that your relationships don't feel strange, weird, or uncomfortable. Of course, you don't have to be super close to everyone, but if you both value having a healthy relationship, I strongly recommend taking the time to understand each other. Their values, beliefs, and who they are as a person all contribute to who they become.

Let's make it a habit to normalize the act of getting to know people and stop sustaining relationships with "strangers" just because we feel obligated to. Genuine connections are built on understanding and acceptance, and it's worth the effort to nurture them.

LETTING GO OF ALL THAT DOES NOT SERVE YOU

Letting go of things that no longer serve you can be one of life's toughest challenges, especially when it comes to nurturing healthy relationships. It's a journey we all embark on, and it begins with releasing certain habits, improving communication, and reshaping our perspective on relationships. Often, we view relationships through the lens of obligation, longevity, or the roles people play. For instance, we may feel obligated to keep certain people in our lives because it's considered "right." But who defines what's right? Choosing yourself and fostering healthy relationships isn't wrong — it's a choice. Everyone has their unique vision of what a healthy relationship looks like. Don't let family, friends, or partners dictate it for you. Define it for yourself.

Sometimes, we hang on to relationships solely because of their longevity. We've known someone for years, so we assume we should keep them around. However, authenticity is often missing in such situations. No one wants to be kept out of obligation; it's essential to base relationships on genuine connection rather than habit. Lastly, roles can cloud our judgment. Be it a family member, a long-time friend, or a significant other — we often let these roles determine a person's place in our lives. However, investing time and energy doesn't mean you must hold onto something that no longer serves you. It's okay to let go. Relationships can be seasonal, teaching us valuable lessons about ourselves.

Family ties shouldn't equate to an unbreakable bond. The feeling of obligation to keep family members in our lives, even if the relationship is detrimental, can be suffocating. Remember, you have the power to decide who joins you on your life's journey. Letting go doesn't mean you stop caring; it means you prioritize self-care. Those who genuinely want to be part of your life will show up in their healthiest way. Keep in mind, healthiness isn't about perfection; it's about embracing all aspects of life—the good, the bad, the uncertain, and the joyful. Healthy relationships surround you with like-minded, growth-oriented individuals who strive to become better.

Embrace everything life throws at you, make peace with it, and strive to show up as your best self. Together, we can break unhealthy generational cycles of dysfunction and embark on a journey of healing. You deserve it, they deserve it, and the generations that follow deserve it too.

LETTING GO ACTIVITY

Let's dive into a journal activity that can truly help you in your journey of self-discovery and personal growth. It's all about recognizing the relationships or people in your life that you might need to let go of and exploring the reasons why you haven't done so yet.

Grab a glass plate and a Sharpie. This symbolic act is a powerful way to make your intentions tangible. Write down the name of someone or something that you're ready to release. Let your emotions flow as you jot down the reasons why it's time to let them go. Fill up that plate as much as you need to.

Now, you have some options here. You can do this activity solo, with your closest friends, your family, or even your partner. Choose whatever feels right for you because this is your personal journey. Once you've poured your thoughts onto that plate, take it outside to a safe area. This is where the magic happens. Throw that plate onto the ground with intention and watch it shatter. As you do, it's okay to let your emotions out — cry, scream, take deep breaths. This broken plate symbolizes the release of the heaviness you've been carrying.

We call it "the heaviness" because that's precisely what it is—something that's been weighing you down. By letting go, you're creating space for something better, something you truly deserve.

THROUGHOUT THIS PROCESS, REMEMBER TO BE HONEST AND OPEN WITH YOURSELF. THIS JOURNAL PROMPT AND ACTIVITY ARE ALL ABOUT SELF-REFLECTION AND HEALING. SO, ALLOW YOURSELF TO RELEASE SOME OF THAT WEIGHT AND STEP TOWARD A BRIGHTER, LIGHTER YOU.



CONCLUSION

HEALTHINESS IS NOT BORING



Congratulations on reaching the final pages of our healthy relationships e-book! I'm genuinely thrilled to have been a part of your journey, and I'm here cheering you on as you work towards building those meaningful and healthy connections you absolutely deserve.

Let me tell you something important: seeking and nurturing healthiness in yourself and your relationships is far from boring or uncool. Don't let societal pressures convince you otherwise. Embracing a path of emotional and relational well-being is a beautiful and empowering choice. I'd like to take a moment to give a heartfelt shout-out to my incredible husband, who has been my anchor in the healthiest relationship I've ever known. His presence has pushed me to become a better version of myself, and I firmly believe that sometimes, life brings us these precious connections to remind us of our worth, the light at the end of the tunnel, and the promise of a brighter tomorrow. Remember, there are genuinely good people out there with whom you can cultivate healthy relationships. It may take time to discover them, but it's worth the journey. Just be sure to keep putting in the effort and working on yourself.

Before we part ways, I'd like to ask for your honest feedback on how this e-book has impacted you. Your insights could inspire and help someone else take that important step toward healthier relationships, just like you have. Your thoughts matter, and I'm excited to hear from you.

And if no one told you today, I love you!

