

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: RECIPROCAL RELATIONSHIPS WITH FRIENDS & FAMILY



Do you wish your relationships were different? Are you looking for ways to feel more enriched and fulfilled in relationships? Read this tip!

Sometimes it may feel like we are putting in so much more effort into a relationship and not receiving any love or kindness in return. This can happen during times of high stress, or difficult life transitions. However, when this happens frequently, we want to set boundaries and let others know of the need for reciprocity.

This idea of reciprocity in relationships is relevant to compassion for others and self-compassion. It is compassion for others because we are something kind that feels good to that person. However, when we practice reciprocity in relationships it is a form of self-compassion because we are being kind to ourselves, by setting a boundary and letting others know what we need. Reciprocity does not necessarily have to be equal but it shows recognition and appreciation for the other person in some way.

Practice Compassion Today:



1. EVALUATE YOUR RELATIONSHIPS IN YOUR OWN LIFE.
2. THINK ABOUT ONE SITUATION WHERE YOU FEEL THAT RECIPROCITY WAS NOT HAPPENING AND THINK ABOUT A SITUATION WHERE YOU WERE NOT RECIPROCAL IN A RELATIONSHIP.
3. JOURNAL ABOUT WHAT YOU WOULD DO TO CHANGE EACH SITUATION.
4. FOR THE SITUATION IN WHICH YOU WERE NOT RECIPROCAL, THINK OF WAYS WHERE YOU CAN SHOW APPRECIATION AND GRATITUDE TOWARDS THIS PERSON.
5. FOR THE SITUATION WHERE YOU DID NOT RECEIVE RECIPROCITY, MAKE A LIST OF ALL THE REASONS YOU DESERVE TO HAVE THAT BOUNDARY AND HOW IT CAN IMPROVE YOUR RELATIONSHIPS.



Parent Practice Tip:

Have open conversations with your children about boundaries and what your own relationships look like. Do this at the dinner table to model examples and reinforce practice.

To Learn More:

What is Compassion?

The Importance of Reciprocity in Friendships

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