



Spini Watts Therapy

Heal What You Feel

Healing Relationships & Building Self-Esteem

*A Guided Workbook for Personal
Growth*

**Practical Exercises for Overcoming Negative
Patterns, Strengthening Connections, and
Cultivating Self-Compassion**



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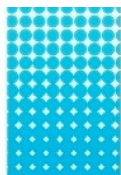
Self-Reflection Exercise

Goal: To increase awareness of self-limiting thoughts.

Reflect on recent experiences where you felt insecure.

Write down 2-3 situations where your self-esteem was affected.

What triggered those feelings?



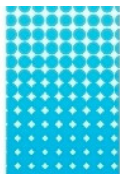
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What beliefs about yourself were reinforced in those moments?

Write an alternative, compassionate response you could give yourself now.

Reflection: How can you challenge these beliefs moving forward? What evidence contradicts these negative thoughts?



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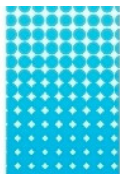
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Unhealthy Relationship Patterns Worksheet

Goal: To identify and disrupt negative relationship behaviours

Think about past relationships (romantic or platonic) and look for common patterns. Did you often avoid conflict? Do you tend to over-please or withdraw?

List the recurring behaviours that have had negative effects.



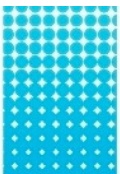
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Action Plan For each behaviour, identify healthier alternatives you can practice in future interactions.

Write down 1-2 strategies for breaking each pattern.

Reflection: How can you start practicing these new behaviours in current relationships?

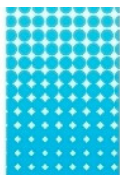


Self-Compassion Practice

Goal: To foster a healthier, kinder relationship with yourself.

Write down one harsh judgment or critical thought you frequently have about yourself.

Reflect on why this thought occurs



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what past experiences may have influenced it?

Now, reframe this thought with kindness and compassion.



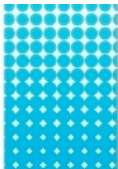
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Daily Practice: Set a timer each day for 5 minutes and write one new self-compassionate thought to replace a negative one you typically have.

Reflection: How did it feel to replace criticism with compassion?

What differences do you notice in how you feel about yourself?



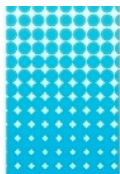
Identifying Core Beliefs

Goal: To uncover limiting beliefs about yourself.

Think about a difficult relationship experience.

What beliefs did you have about yourself at the time (e.g., "I'm unworthy," "I'm too much")?

Reflection: Where did these beliefs come from?

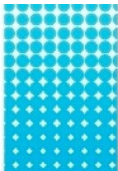


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How can you reframe them into more empowering thoughts?

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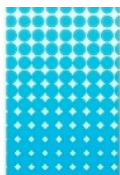
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Relationship Reflection

Goal: To assess patterns in how you relate to others.

Reflect on your current or past relationships. Write down the things you value most in relationships (e.g., honesty, support, respect).

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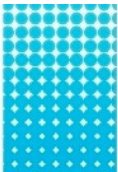
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Then, compare these values with the behaviours in your relationships.

Action Plan: How can you ensure your relationships align with your values?

Identify one small action step to improve a relationship today.



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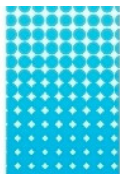
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Releasing Fear of Rejection

Goal: To confront and release fear around rejection.

Write about a time when you feared rejection

What were the physical sensations you experienced?

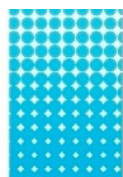


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What negative thoughts crossed your mind?

Reframe: Challenge these thoughts by writing a new perspective on rejection (e.g., “Rejection is an opportunity for growth, not a reflection of my worth”).



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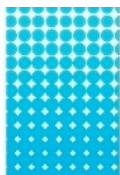
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Building Healthy Boundaries

Goal: To help you set and maintain boundaries in relationships.

Think of a recent situation where you felt your boundaries were crossed. How did you react?

What could you have done differently to protect your boundaries?

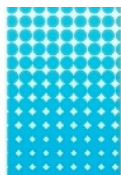


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Action Plan: Write down a specific boundary you want to set in a current relationship.

What steps will you take to enforce it?



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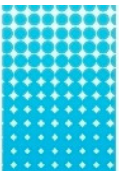
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Self-Worth Inventory

Goal: To identify personal strengths and areas of growth.

List three positive qualities about yourself that contribute to healthy relationships.

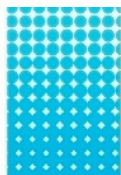
Reflect on how these qualities have benefited you or others in the past.



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Action Plan: How can you nurture these qualities further in yourself?

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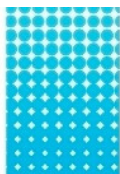
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Healing Your Inner Child

Goal: To reconnect with and heal past emotional wounds.

Reflect on a past experience where you felt hurt, rejected, or abandoned. Write a letter to your younger self offering comfort, understanding, and reassurance.

You can draft a few points here.

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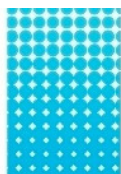
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Reflection: How did it feel to speak to your younger self with compassion?

What needs did you recognize in your past that can be met now?



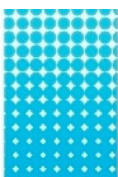
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Challenge Avoidance Behaviour

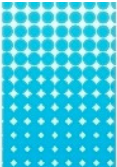
Goal: To overcome avoidance in relationships.

Reflect on a time when you avoided a difficult conversation or situation in a relationship.
What fears or thoughts drove this avoidance?



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Action Plan: Identify a situation where you can face your fears instead of avoiding them. Write down how you can approach it with confidence and healthy communication.



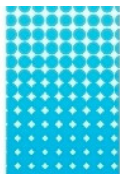
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Self-Care Plan

Goal: To improve self-esteem by focusing on self-care.

List 5 self-care activities that make you feel valued and nurtured. Include physical, emotional, and mental self-care.

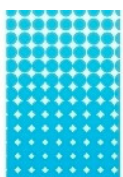
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Action Plan: Schedule these activities into your week.

How can you prioritize your well-being moving forward?



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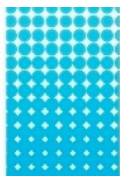
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Gratitude for Healthy Relationships

Goal: To cultivate appreciation for positive connections.

Write about 3 people who support and nurture you in healthy ways.

What specific qualities do they bring to your relationship?

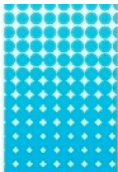


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Reflection: How can you strengthen and appreciate these relationships?

What does a healthy relationship look like to you?



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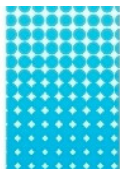
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Recognizing Relationship Red Flags

Goal: To identify warning signs in
relationships.

Reflect on past relationships where things
went wrong. What were the early signs that
things weren't healthy?

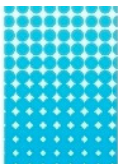
List 3 “red flags” you noticed.



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Action Plan: Going forward, how can you recognize these signs early and protect your emotional well-being?



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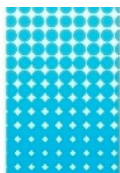
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Forgiveness Exercise

Goal: To release resentment and move forward.

Write down someone you're holding resentment toward (including yourself).

What feelings arise when you think about them?



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What would it look like to forgive them, not for their sake, but for your own peace of mind?

Reflection: How might releasing this resentment free up emotional space for healthier relationships?



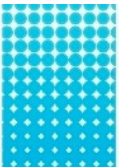
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Assertiveness Practice

Goal: To help you to become more assertive regarding your needs.

Think of a recent situation where you; struggled to assert yourself. Write about what you wish you had said or done differently.

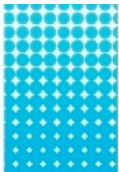
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Action Plan: Practice using "I" statements in future interactions (e.g., "I feel [emotion] when [situation], and I need [specific request]").

Write down 3 situations where you can practice this assertiveness.



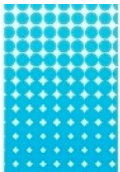
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Affirmations for Self-Worth

Goal: To foster a positive self-image.

Write down 5 self-affirmations that resonate with you (e.g., "I am deserving of love and respect")

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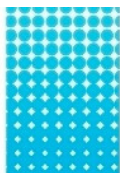
Relationship Vision Exercise

Goal: To create a vision of healthy, fulfilling relationships.

Write down your ideal vision of a healthy relationship.

What does it look like? How do you communicate? How do you handle conflict?

Action Plan: Identify one thing you can do to bring your relationships closer to this vision.



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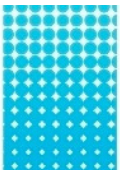
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Rebuilding Trust Exercise

Goal: To help you to rebuild trust in relationships.

Reflect on a time when trust was broken in a relationship. How did it impact you?

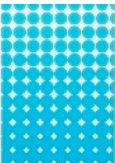
Write down the steps you think are necessary to rebuild trust, either with someone else or yourself.



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Action Plan: What are small, daily actions you can take to begin rebuilding trust in a relationship?



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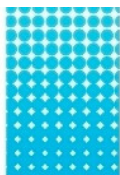
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Fear of Vulnerability

Goal: To reduce fear of being open in relationships.

Write about a time when being vulnerable with someone led to a positive outcome.

What fears did you have before being vulnerable?

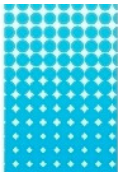


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Reflection: How did vulnerability improve the connection?

How can you practice being more open in future relationships?



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Daily Self-Compassion Check-in

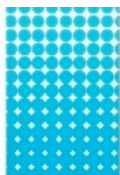
Goal: To practice daily self-kindness.

At the end of each day, write down one situation where you showed yourself compassion.

What did you do or say to be kind to yourself?

Reflection: How did this act of self-compassion affect your mood or behaviour?

How can you make this a daily habit?



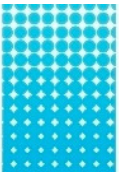
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Recognizing Emotional Triggers

Goal: To understand and manage emotional triggers.

Identify a recent emotional trigger (e.g., feeling rejected, ignored, or criticized). What specific thoughts or behaviours did this trigger in you?

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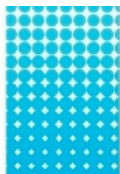
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Self-Love Letter

Goal: To enhance self-acceptance and self-worth

Write a letter to yourself from the perspective of a loving, supportive friend. What kind words would they offer?

What positive qualities would they remind you of?



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Reflection: How did it feel to receive this letter?

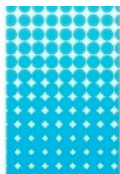
What parts of it resonated most with you?



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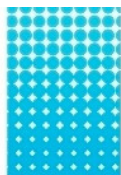
Dear Me!

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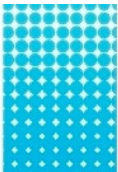
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Exploring Needs in Relationships

Goal: To identify and express emotional needs.

Write down your top 3 emotional needs in a relationship (e.g., validation, affection, security)

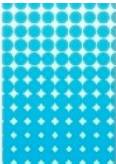
Reflect on how these needs have been met (or unmet) in past relationships.



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Action Plan: How can you communicate these needs more clearly in your current relationships?



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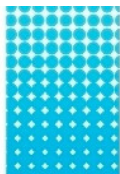
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Thought Distortion Challenge

Goal: To identify and challenge cognitive distortions.

Write down a recent negative thought about yourself or a relationship.

Identify which cognitive distortion it represents (e.g., all-or-nothing thinking, overgeneralization)



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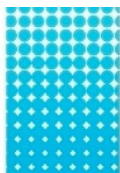
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Vision for Healthy Self-Esteem

Goal: To visualize a healthier self-image.

Imagine yourself with a strong, healthy self-esteem. What does that look like?

What actions would you take?

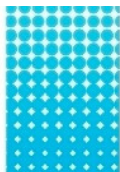


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How would you treat yourself and others differently?

Action Plan: What small steps can you take today to move closer to this vision of yourself?



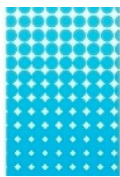
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Celebrating Progress

Goal: To recognize personal growth.

Reflect on your progress over the past month. What positive changes have you noticed in how you approach relationships or how you feel about yourself?

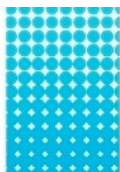
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Reflection: Write down one accomplishment you're proud of.

How can you build on this progress in the future?



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Grieving Lost Relationships

Goal: To process grief from past relationships.

Write a letter you don't have to send, to someone from a past relationship you feel sadness or loss about. Express your feelings of grief, regret, or forgiveness.

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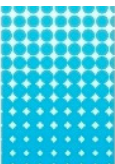


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Dear.....

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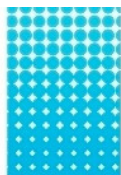


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Reflection: How does it feel to express these emotions?

What steps can you take toward healing and closure?



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