It's Complicated
Consultation Services

Unfiltered

Talk Raw Connect Deeper

Journal



REFLECT. RELEASE. REALIGN.

Nneka Wooten, LCSW, MPA

itscomplicatedcs.net



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Unfiltered Talk Raw Connect Deeper Journal

Note from the Author



At some point in our lives, we all find the need to reflect on how our current relationship(s) are functioning, possibly needing to restore passion, renew pleasure, or rebuild the foundation of trust to overcome hurt feelings, relationship disconnection and distance. Understanding what you want versus what you need is key to attaining these goals. It is my hope that you will use this journal to do the reflection needed to put the puzzle together healing completely one piece at a time.

Your Relationship Therapist,

Nneka Wooten, LCSW, MPA

Welcome

Why the Unfiltered Talk Raw Connect Deeper Journal?

The goal of this journal is to free yourself from limiting beliefs, recognize and change unhelpful behavior patterns and define and move in a more rewarding direction.

In order to get the most benefit from this journal, it is imperative that you are 100% open and honest with yourself.

Benefits of the Unfiltered Talk Raw Connect Deeper Journal

- Gives you new language that can help you improve your personal narrative. We oftentimes feed ourselves false truths that unnecessarily hold us back in our lives.

- Helps you distinguish between your wants & needs which will help you make better decisions.

- Motivational Tips will give you an ongoing new perspective to look at situations from while prompting you to expound on your way of thinking - leading to better individual outcomes and communication in your relationships.




This Journal Belongs To:

_____



Protect Your Bubble

The Bubble:
A sacred place that is filled with happiness & love. Only positive thoughts and/or people are welcome. It is protected by an invisible force field & cannot be penetrated by any negativity, outsiders or their drama.

Understanding Reflection Activity

The inability to distinguish between our wants versus our needs in love, communication, intimacy, and healing can often lead to hurt, disappointment, miscommunication, confusion, stagnation, and conflict. Think about it this way, a want is negotiable; you may have a desire for it and be disappointed if you don't get it, but you can move forward and function without it. Whereas when you have a need that is non-negotiable. Without that need being fulfilled you are left with a void-like you cannot breathe.

This can complicate things and relationships of all types in our lives, even the ones we have with ourselves. This journal provides you with a safe space where you can process your thoughts and feelings.

The prompts provide you with a unique way of thinking through situations to propel you into a life filled with peace and happiness when making decisions.

It is critical to protect your BUBBLE at all costs.

Undestanding the Full Puzzle

How we move through the world and experience things varies from person to person, but the commonality is we all have a desire, no, I will say, a need to feel connected to others in one way or another. The foundation for building those connections is allowing yourself to be exposed and open to sharing a part of yourself with someone else. One guarantee in life is that we will all experience heartache and pain, and healing will be necessary. You absolutely cannot heal what you don't reveal. The inability to communicate effectively hinders building those intimate and loving relationships where healing can occur.

Often we don't know what we want versus what we need so that we can give that information to those in our lives. Communication, Love, Intimacy and Healing impact our quality of life or lack thereof, so take the time to dig deep and do the reflection needed in these areas so you can thrive and experience healthy relationships.

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What is Healing?

Healing is the process of dealing with and accepting experiences that have had a negative impact on your life. Healing is not forgetting but having the ability the identify your triggers and address them in a productive way. It is important to be able to identify what we need in order to feel healthy and whole again.



Tip #1

"Know your worth and love yourself first so you don't settle for less than. Use your past lessons as a navigator to guide you in your future."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #2

"Treat your partner as an individual; they are your here and now & not the cause of your past hurts. Instead of dumping your baggage on them allow them to assist you in sorting through & getting rid of it. It gives them a fair chance and an opportunity to understand how you got to be the person they now love."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #3

"When an issue arises choose the time and location wisely to discuss it. (don't have an intense talk when one of you is already annoyed or tired) Keep mutual respect at the forefront during the discussion. When you're done LET IT GO & MOVE ON. Don't carry the negativity with you, it's too heavy."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #4

"Don't get in a relationship if you still want to conduct yourself as if you're single. If you're not ready to commit to the lifestyle change, be honest about it with the person you're involved with. Sometimes that means distancing yourself from friends & family that don't reflect your new choice. You can't have one foot in and one foot out."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #5

"You will never be happy with your partner until you are content with you who are as an individual; comfortable in your own skin & love yourself. Know who you are, what's important to you & where you want to go in life before you get involved with anyone. Your partner is not responsible for your inner peace and happiness, it starts with you."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #6

"Always remember that no one is perfect, we all have a past, baggage and flaws. We will all make mistakes, what's important is recognizing that you've hurt someone, acknowledging their feelings and trying to be a better person going forward. It's apart of the process.



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #7

"Don't set unrealistic expectations for your partner or your relationship. Everyone has flaws, baggage & imperfections including YOU. Be mindful of how you respond to those flaws, remember it's not what you say it's how you say it. No one deserves to be disrespected or made to feel unworthy."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #8

"When there is conflict in your relationship always remember this: your Attitude & Understanding can either damage or deepen your connection with your partner."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #9

"Make sure to have a solid foundation of FRIENDSHIP in your RELATIONSHIP. Best friends go through all types of issues/tragedy/drama/losses and are there for one another unconditionally. That's the type of person you want to make your life partner, the one you can weather all of life's storms with and still be happy because they are by your side."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #10

"Do not allow your ego or pride to cloud your judgment and affect your relationships. Be conscious of the fact that it's not just about you or another heart. Another life is involved, so handle it with care for it is a great responsibility and a precious gift."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need

Nneka's Corner

As you move forward in your life and relationships, please take with you that effective communication is the fundamental ingredient to having healthy connections. The inability to articulate your thoughts, feelings, boundaries, wants and needs contributes to the failure to lead a life filled with peace and contentment. How can you truly be happy if you cannot communicate?

At times we have the unrealistic idea that the people in our lives are to meet our expectations or live up to standards that we have not even made clear to them OR ourselves. Taking time to reflect on our wants and needs opens the doors to having those critical conversations that clear up assumptions and miscommunication and leads to clarity and transparency.

Be fearless because although the conversations may be difficult and uncomfortable, the end result is rewarding.

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What is Love?

Love is an intense emotion that we feel when we have a strong attachment in a relationship no matter the type (with yourself, friendship, familial or intimate). The type of things that we need in order to feel loved varies for each person. It is important to understand what you need to feel loved so you can articulate it in an effort to keep not only your relationships thriving but guard your mental health as well.



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #2

"It is important to acknowledge the feelings of your partner even when you don't understand them or can't relate. Never downplay the situation. Respect your differences. Be supportive. That's what love is about."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #3

"Remember it's not all about you. Not every day is a going to be a good one. Take into consideration what your partner may have going on separate from the relationship. Be compassionate, patient & love on them harder through the pain."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #4

"Accept that not everyone will be happy for you or support your relationship. You may lose some people in your life that you least expected & it may hurt, however, It's up to you and your partner to stand together United and weather those storms."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #5

"A relationship is made up of two lives blending together to make one. Allow your partner the space/opportunity to maintain their individuality. Never attempt to monopolize and/or control them."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #6

"There should never be a time that you refuse to meet the needs (physical, mental or emotional)of your partner or withhold something out of anger. Always keep in mind that what you won't do someone else is WATCHING & WAITING to do."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #7

"When you love someone you sacrifice for them & often put their wants/needs above your own. If both people in the relationship practice this trait it will alleviate dysfunction/drama because both of you are too busy trying to make the other person happy rather than being in competition to be right."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #8

"When you're in a relationship you become one with that person. Keep that at the forefront of your mind when making decisions. You are a reflection/representation of your partner. Make sure you stay representing."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #9

"It is important to make time; to remember that there is always going to be a deadline that needs to be met for work/school, a bill that needs to be paid or an errand that needs to be run BUT time with the one you love is not promised so don't take it for granted."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #10

"We as women have to understand that we can't have it both ways, meaning you cannot disrespect and emasculate a man and then expect him to respect us as women & handle his business like a man."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #11

"As a man you are to protect your woman's BODY from physical harm BUT you should also guard her HEART. Make sure she is being respected at all times by everyone & be mindful of your words/actions because it is you she trusts and is vulnerable too."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #12

"As a man you are to protect your woman's BODY from physical harm BUT you should also guard her HEART. Make sure she is being respected at all times by everyone & be mindful of your words/actions because it is you she trusts and is vulnerable too."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #13

"A relationship is a partnership with both parties investing/taking the same risk & receiving equal shares/profits. If you're not ready to give 100% effort to make it grow don't get involved. Step back and let someone else take advantage of the opportunity. If you're not getting your fair share cash out."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #14

"Don't confuse Love with Lust/Infatuation. After the looks fade, body changes and Orgasms become less frequent what will you be left with? Love is when your content/complete with simply being in one another's arms, talking or in silence & the sound of their heartbeat is the only melody you hear."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #15

"Never stop dating your Bubble mate no matter how long you have been together. Don't get so comfortable in your relationship that you stop doing things you did in the beginning to get them interested. Make time. Continue to Keep yourself together also; that will assist with your self-esteem and keep your partner attracted to you just as they were in the beginning."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #16

"Choose your Battles wisely. Before you approach your partner ask yourself if the issue is really worth disturbing the peace within the BUBBLE. Learn to overlook small things for the greater good, not everything is discussion worthy. If it is that serious make sure you choose a neutral time & space to talk & NEVER do it in public or in front of family/friends."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #17

"Pay attention to & study your partners Love Languages to ensure that you are loving them in a way that makes them FEEL loved rather than in a way in which YOU FEEL they SHOULD understand. In an effort to have a successful relationship you may have to become Bilingual."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #18

"Never make a promise that you have no intentions of keeping. When someone loves you & gives you the gift of their most priceless possession: their heart does not play with it. Take care of it, nurture it & guard it by being loyal, honest & true to your word."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #19

“Never allow outsiders to influence the decisions you make or cause issues within your Bubble. The opinion that matters and who you should be talking to is your partner."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #20

"When time passes & the initial excitement/chemistry isn't making you smile, blush or giving you those Butterflies like they did in the beginning or they're getting on your nerves take a moment to reflect & remember why you fell in love with your Bubble mate in the first place. Make a conscious effort to never take those things for granted & continue to show them how much they mean to you."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need

Nneka's Corner

As you move forward in your life and relationships, please take with you that having love in your life is just as important as having air. Without it, you will not survive. You may be alive, but you are simply just existing. What we need to feel love is not the same for everyone, and we need to be mindful of that no matter what type of relationship it is: friend, family, or intimate.

One of the biggest mistakes we make in relationships is assuming that what works for us or others works for everyone, and that is not the case. There is absolutely nothing wrong with speaking up when something does not feel right to you or asking questions to ensure you are meeting the needs of your loved ones. You are not criticizing or being negative. Instead, you are attempting to improve the quality of and preserve the relationship.

Love is essential to your quality of life.



Protect Your Bubble

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What is Intimacy?

Intimacy is feeling connected to someone. That can come in multiple forms: Physical, emotional, mental and spiritual. That connection gives you a feeling of a safety, however, what you need to obtain that is not the same for everyone.



Tip #1

"Take it back to the old school. Talk. Kiss. Hug. Hold hands. Open doors. Send Flowers. Public displays of affection are important. Never stop doing the little things, they add up."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #2

"The Art of Lovemaking starts with mental & emotional stimulation long before you get physical. Foreplay can be in the form of a call, a text, giving your undivided attention & eye contact. You can never achieve full physical satisfaction if the mind and soul doesn't receive just as much attention as the body. You may reach a physical climax, but you will be left feeling emotionally unfulfilled."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #3

"Spend intimate alone time together with no TV on, just music and really talk to one another. Take trips down memory lane, share your history, hopes, dreams & fears. Just be."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #4

"Be Spontaneous. Try new things together. Go out of your comfort zone. Keep it lit!"



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #5

"Physical attraction is NOT enough to prevent your BUBBLE from popping. Make sure that you are on the same path in life as far as your spirituality, dreams, goals and visions."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #6

“Be secure with who you are as an individual before you enter into a relationship. If you're not, your insecurities will definitely cause unnecessary tension between you and your partner. Confidence is sexy."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #7

"As couples we make time to laugh together, play together, take care of our families/households & often times to nag/bicker/complain so it is CRITICAL to make time to PRAY/MEDITATE for one another and together. That is also a part of deep intimacy which keeps you grounded & bonded."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #8

"A MAJOR relationship killer is not keeping the fire lit, getting laxed & not making your partner feels wanted & desired. Keep it fresh, try new things & be open minded."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #9

"Being TRULY NAKED isn't about taking your clothes off; it's about opening up your life to someone, letting them into your spirit , your soul, thoughts , fears , future , hopes , and dreams. It's about being completely open & vulnerable. Be careful with who you STRIP DOWN for, not everyone is ready or can handle the responsibility of nurturing your being."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #10

"Being TRULY NAKED isn't about taking your clothes off; it's about opening up your life to someone, letting them into your spirit , your soul, thoughts , fears , future , hopes , and dreams. It's about being completely open & vulnerable. Be careful with who you STRIP DOWN for, not everyone is ready or can handle the responsibility of nurturing your being."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #11

"Feeling seen, understood, and appreciated contributes to building a strong intimate connection with someone. Make sure you take the time to acknowledge and reassure your partner."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #12

"Creating a space where a person can be fully open and transparent without the fear of being judged, and be accepted for who they are, strengthens the connected in the relationship that far exceeds the physical."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #13

"A huge component that contributes to your intimate connection is reciprocity. Relationships are about give and take. Humans have the innate need to know that they are not alone and can depend on the other person showing up and giving just as much of themselves as they are receiving."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #14

"A healthy relationship let alone an intimate connection cannot exist if there is no trust. Fostering building a solid foundation of trust is so important and is not just about fidelity. It's also about sharing the darkest parts of yourself without feeling exposed."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #15

"A strong intimate bond is being able to share your needs & desires and being listened to with an open heart and mind allows you to be vulnerable versus guarded."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #16

"Creating a ritual that brings your souls together in alignment creating a feeling of peace deepens your intimate connection. Intimacy is also about spiritual growth."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #17

"When someone remembers the details that you share with them: your likes, dislikes, wants, needs, desires, fears that creates a feeling of validation that you are important and a priority."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #18

"Have open and honest conversations around building a future, sharing ideas, and making decisions together regarding the trajectory of the relationship. Ensuring that you are in alignment creates emotional closeness."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #19

"Being curious, asking questions, paying attention, listening, exploring, creating experiences, and trying new things together deepens the intimate bond."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #20

"Although sex alone is not the only ingredient to building intimacy, a physical connection is important and should be prioritized in your relationship."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need

Nneka's Corner

As you move forward in your life and relationships, please take with you that intimacy is about a deep connection and bond between you and another person. These bonds are built on shared experiences encompassing physical touch and social, intellectual, and spiritual interactions. Intimacy is vital in any relationship because it allows each person to feel seen and heard honestly. But, to secure the benefits of such intimacy, letting your guard down is essential.

When we keep those guards up, we rob ourselves of the closeness, connection, and feeling of acceptance that can come from intimacy. Safety is a huge part of having the ability to be open and vulnerable to allowing someone into your being, giving them the space to be intimate with you. Genuine intimacy in relationships requires open communication, honesty, vulnerability, and reciprocity.



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What is Communication?

Communication is the ability to effectively articulate your thoughts, feelings, and emotions. The lack of communication can lead to not feeling seen, validated, or understood. Communication is critical to the healthy foundation of not only a relationship but your overall wellbeing.



Tip #1

"Don't be so self-absorbed that you neglect your partner. Be available, show interest, listen & pay attention."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #2

“Don’t share the personal business of your relationship with just anyone (most people don't care anyway) & ESPECIALLY on Social Media. Once you do you can't take it back. Never slander the character of the one you love. Deal with your issues within the BUBBLE."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #3

"It is critical to maintain RESPECT in your relationship for one another. No matter what you have going on never attempt to degrade your partners manhood or womanhood. In addition, always maintain your SELF RESPECT: conduct yourself in and out of the presence of your partner in such a way that your character cannot be questioned."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #4

"It's important to maintain balance. Never make your partner feel slighted, taken for granted or unappreciated. Give them back as much as they give you, go out of your way for them just as they do for you. Imbalance causes resentment."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #5

"Don't worry about appearance, don't hold your partner to the standard "of others". That's unrealistic & will cause disappointment & resentment within your relationship. Stay in your lane & do what works for you."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #6

"When an issue arises, talk about it, address it, deal with it and MOVE ON. LET IT GO. No one wants to relive a mistake over and over or be made to feel like they owe a debt that can never be repaid."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #7

"Always try to understand how your partner feels even if you see the situation differently. You will not always agree & that's ok as long as you continue to respect one another."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #8

"Be encouraging versus discouraging of the other persons dreams and goals. Whisper words of success to their soul not failure."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #9

"Be mindful of what you say out of anger and emotions. Once the words are said you can't take them back and the damage is done. Words are extremely powerful so use them wisely."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

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Tip #10

"Be mindful of what you say out of anger and emotions. Once the words are said you can't take them back and the damage is done. Words are extremely powerful so use them wisely."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

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Tip #11

"There should always be a conversation surrounding what type of "SHIP" you're in & what that entails by the two people within the BUBBLE. You can't expect the perks of a RELATIONSHIP if you're only in a FRIENDSHIP likewise you can't be in a RELATIONSHIP and still doing YOU with no regard to how that will jeopardize your BUBBLE. The expectations should be clearly stated so there are no misconceptions & unnecessary hurt feelings



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #12

It's not always easy to open up & share your innermost thoughts and feelings with anyone so when your Bubblemate is sharing with you be sure to not just HEAR them but to actively LISTEN so you can address/be there for & provide them with what they need. They are trusting you with their heart."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

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Tip #13

In a relationship, both parties deserve to have their needs being met, whatever those needs are. Make sure you express what they are clearly to give your partner an opportunity to step their game up BEFORE you get frustrated, angry, or seek someone else to fill that void."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #14

It is important to be able to have open, honest discussions with your partner about anything. It is equally critical that you both listen to one another with an open mind & heart in an effort to receive what is being said. Always seek resolution."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #15

A solid foundation is critical, don't attempt to build anything with someone based on a superficial attraction. You and your mate should have things in common, similar interests and visions for the future. In essence, your mate should be your best friend. When life happens without that foundation you're left with an empty shell of a relationship. That is an opening for silly arguments and infidelity



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #16

"Remember that communication & understanding are two very important components of a successful relationship of any kind. Always talk about issues and table the discussion when it begins to get heated and resume when you can be calm & respectful. Always try to understand where the other person is coming from remembering that we are all different so we view things from a different perspective."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #17

"Never make promises that you will not keep. When people love you they depend on your word. Be mindful that you have the capability to not only disappoint but hurt them when you let them down."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #18

"Always remember that it is up to YOU to set boundaries, make your needs, expectations, and standards clear to whomever you're dealing with. If you don't you have nobody to blame but yourself when you're left feeling disappointed & empty."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #19

"If you love someone show them & tell them often. Forget about the rules or the fear of looking ridiculous. What is truly ridiculous is passing up on an opportunity to tell someone that your heart is invested in them."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need



Tip #20

"A critical component to healthy communication is being aware of what triggers you so can properly convey your thoughts and feelings to the other person. Without it, the conversation will be ineffective."



Reflections

Based on the tip you just read, think about what you want versus what you need in that area.

Want	Need

Nneka's Corner

As you move forward in your life and relationships, please take with you that no one is exempt from having experienced trauma or pain in their lives. It may not look or feel the same for everyone, but the common denominator is that it profoundly affects our quality of life, and healing is necessary. Without working to address the source of discomfort, it is impossible to have a healthy relationship with anyone, including yourself.

Don’t forget that one of the essential steps is learning to identify your triggers and doing the work to learn how to respond to them in a healthy way that aligns with your healing. That is hard as hell. That entails facing it head-on and being honest with yourself, holding yourself and others accountable, committing to changing behaviors, and even eliminating things or people that are not conducive to your healing journey.