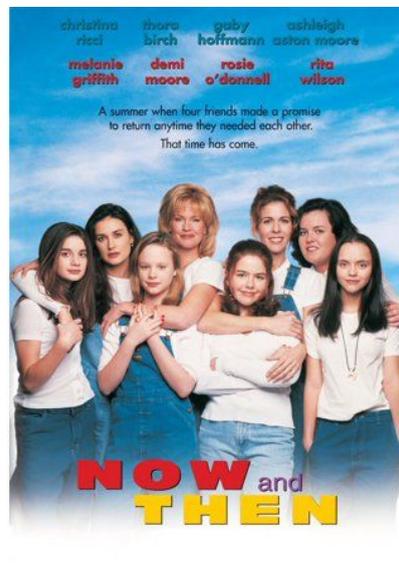


Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #34

*How To
"Outgrow"
Relationships
(with integrity)*



RELATIONSHIPS

(a recap)

Relationship = Relationship with “Self” (YOU) *and* another person(s)

Relationships are as much about US aligning with our personal integrity as they are about us aligning with another person.

- Core Values
- Accountability
- Attachment
- Interdependency vs. Codependency

Victim vs. Accountable

- Taking responsibility for *our* experience
- Not pointing blame, fingers, accusations
- We *feel* a certain way because of a need that is either being met or unmet

For more, visit **Module 6: “Relationship with Others”**

- ALL
- Especially [Module 6.3 page 16 “What is a Good Relationship?”](#)

INTEGRITY

Integrity is an incredibly useful compass and radar:

- When we are out of integrity, we *feel* it
- When *others* are out of integrity with themselves, we feel it
- When *others* are out of integrity with *our* integrity, we feel it

Integrity =

- The quality of being honest and having strong moral principles; moral uprightness.
- The state of being whole and undivided.
- The condition of being unified, unimpaired, or sound in construction.
- Internal consistency or lack of corruption

Integrity is the practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values. In **ethics**, integrity is regarded as the honesty and **truthfulness** or **accuracy** of one's actions.

Integrity can stand in opposition to **hypocrisy**,^[4] in that judging with the standards of integrity involves regarding internal consistency as a virtue, and suggests that parties holding within themselves apparently conflicting values should account for the discrepancy or alter their beliefs. The word *integrity* evolved from the Latin adjective *integer*, meaning *whole* or *complete*.^[1] In this context, integrity is the inner sense of "wholeness" deriving from qualities such as **honesty** and consistency of **character**. As such, one may judge that others "have integrity" to the extent that they act according to the values, beliefs and principles they claim to hold.

HOW TO KNOW WHEN TO “OUTGROW”

(Group Questions, Round Robin)

Tuning in:

- **How do you most consistently *feel* around this person?**
- **Stretchy one: What is YOUR part in the dynamic?**
 - What are you cosigning?
 - How are you playing into it? Feeding it?
 - People pleasing?
 - Saying “Yes” when you mean no?

Abundance vs. Scarcity:

- What would you do if you were operating from a place of *total* abundance?
- What part of you is operating from scarcity?
- What part of you is operating from fear? What are you afraid of?

Bandwidth:

Take a moment to think about the “Hell YES!” life that you are calling in, in detail (5-10 seconds). From a place of *full faith* that is being created *right now*, and is going to come to fruition with perfect timing:

- How much bandwidth, or room in your “garden” do you have for the person?

Standards vs. Tolerations:

- What is your cutoff point on the 1-10, “Hell NO! ← → Hell YES!” spectrum?

After you’ve given some honest thought and reflection to your relationship with the person, and where they fit into your life:

- Where does the person fall on the 1-10, “Hell NO! ← → Hell YES!” spectrum?
- Has this person *earned* a place in your life, or are they there by default, “Sunk Cost”, “*inconvenient convenience*”, or your desperation?
 - Does this person share core values?
 - Do they “show up” with reciprocity? Or is it one-sided?
- Think of your social standards and Core Values. What are YOU *tolerating* in the other person that doesn’t resonate with you?
- What are your “Hell YES!” relationship standards?
 - How do you want to be treated?
 - How do you want to feel?
- 49/51 - it only takes a very small margin to keep us in something that, overall, isn’t healthy: do the “good times” *really* balance out or outweigh the...issues?
- Frog in the pot of water...

Inner Child:

- What might your “Inner Child” be seeking in this person, but the persona themselves are not healthy for you?
 - Acknowledgement, praise, money, experiences, crowd, sex, adoration, comfortability, safety, etc...
- Would you be excited about your (real or hypothetical child) spending time with this person?

Evolving & “Outgrowing” vs. Avoiding & Abandoning:

As your process, be aware of the differences, and where your motivation might be coming from.

- **Evolving & Outgrowing = healthy**
- **Avoiding & Abandoning = unaccountable**

HOW TO “OUTGROW”

Now that you’ve gone through the questions above, and you’ve gained some more clarity about whether the “Outgrowing” is happening (or needs to happen for your HYL)...*how do you go about it?*

Back to INTEGRITY!

Based on your Core Values, “Hell YES!” Life and lifestyle, and “The Golden Rule”...here are some things to consider:

1. **Be clear within yourSELF:**
 - a. What DO you want?
 - b. What do you deserve?
2. **How much bandwidth do you for them, if any, in your HYL?**
3. **Is there room to be “Now and Then” friends?**
4. **Does a conversation need to happen or is it a ‘cut it off *now*’ scenario?**
 - a. **Does avoidance show up in either case?** If so, explore.
 - b. **If conversation:**
 - i. Do you sense that you can express *your* experience and needs and be heard by them?
 - ii. Are you requesting anything / open to “working on it”, or is this the “breakup” talk?
 - iii. Not sure? Request / communicate “taking space”
 - iv. Use “I” language (see “Communication” Group Call recording)
 - v. Use NVC

5. **When you're around them, BE YOURSELF (with integrity):**
 - a. Speak up if you disagree
 - b. Ask them to _____
 - c. Be aware of power dynamics
 - d. Keep your mental flashlight and scanner on alert for ["Relationship Red Flags"](#)

6. **Check your stories, beliefs, codependency, and Gremlins:**
 - a. Do you "owe" anyone anything?
 - b. What do you "owe" yourself?
 - c. What do you "owe" them? Is it true?
 - d. Are you afraid of "making" them feel bad, sad, hurt, etc?
 - e. What are you taking on that isn't yours to take on?

7. **With consideration, give yourself permission to let go of taking responsibility for their feelings.**

8. **Is "Ghosting" in your best interest?**
 - a. A lot of advice 'out there' says to *"just stop communicating to the person/people"* as in, stop returning their messages, calls, snaps, etc... **only YOU can make this decision**
 - b. Consider your boundaries and standards
 - c. Don't be afraid to *block a fool!* ;)

TAKING ACTION

(Group Round Robin)

Based on what you've explored and learned tonight:

- Is it time to “Outgrow” a relationship?
- If so, how do you know? If not, how do you know?
- What action will you take towards this?