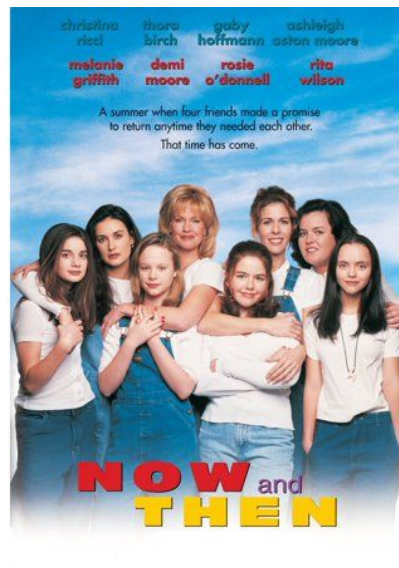


# Life. Fun. Purpose.

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**,<sup>[4]</sup> 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*.<sup>[1]</sup> 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?