

Personal Reflection Exercises...

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My relationships give me strength. By sharing my thoughts and feelings with others, I build character.

There are times when I am scared to allow others to see the true me. I feel protective of my hidden passions and my unconventional thoughts. I worry that I may not be accepted. I understand that this is a normal feeling, and I bravely move past these concerns.

Trusting other people means that I will share myself with them. If I want to build character and strengthen my relationships, I have to be brave. It takes courage to honestly invite others into my life.

True fulfillment comes from becoming connected to others and my inner being. Each part of me that I share is like a link in a chain. I can extend myself to others by constantly building that chain.

When others are in need, they know that I am there to help. Because I have extended a strong chain, they know they can reach out and grasp it. This is how I will build strong relationships in my life.

By sharing more of myself, I invite others to open themselves up. I feel so connected to the people in my life because I can see who they truly are. It is such a reward to feel bonded to good people.

I work hard to create fulfilling personal relationships. **Extending myself to others is so worthwhile.** My character is deepened and my relationships are strengthened by bravely opening myself up to the people in my life.

Self-Reflection Questions:

1. Do I bravely share my true self with others?
2. How can I strengthen the relationships with the people in my life?
3. What do I love most about my close personal relationships?