

How to Use This Worksheet

Relationship Reset Guide · Relationships

BEFORE YOU BEGIN

- Find a quiet moment. This takes about 3–5 minutes.
- Don't overthink. Write the first honest answer that comes to mind.
- Keep responses short — single words or phrases are enough.
- There are no right or wrong answers. This is not a test.
- Skip any line that feels unclear. You can return to it later.
- Move through it gently and naturally.

AS YOU FILL IT

- Answer from the heart, not from obligation.
- Think about how you want to feel, not what you think you should feel.
- Notice what feels nourishing, not just familiar.
- If a line makes you pause, that usually means it matters.
- Don't aim for what sounds good. Aim for what feels true.

WHEN YOU REACH THESE SECTIONS

My Guiding Sentence

Read it once slowly. It reflects the quality of connection you are actively building. Return to it whenever you need a reminder of what you are moving towards.

My Intention

This is your anchor. It is the one line that describes how you want to show up in relationships. Come back to it any time you feel unclear, reactive, or out of alignment.

WHY THIS WORKS

Clarity creates change

When you name how you want to feel, you begin to notice what moves you toward it — and what doesn't. Awareness always comes first.

The body knows first

Connection and safety are felt before they are understood. These prompts help you name what your nervous system already knows to be true.

Intention shapes behaviour

A clear intention about how you want to show up changes the quality of every interaction. Your relationships shift when you do.

"The relationships that heal us are the ones we consciously choose to build."

Designed by a certified coach and neuroscience expert for the MYRA platform

MYRA

Relationship Reset Guide

A Gentle Return to the Relationships That Nourish You

HOW I WANT TO FEEL

- In my relationships, I want to feel _____
- I feel most at ease with people who _____
- Something I need more of in my life right now is _____
- I feel most like myself when I am around people who _____

WHAT I WANT TO BUILD

- The kind of relationships I want more of are ones where _____
- I want to be someone who makes people feel _____
- I want to be around people who _____
- Together, I want us to be able to _____

MY INTENTION

- In my relationships, my intention is to always _____
- When I lose sight of that, I will come back to _____

MY GUIDING SENTENCE

The connection I am building in my life is one that feels _____ ,
is built on _____ ,
and always has room for _____ .