

Chapter 17

Moving Forward

By the time you reach this point in the workbook, you may have noticed something important: the patterns explored in this workbook are not abstract ideas; they appear in everyday moments.

- a conversation where you pause before agreeing
- a situation where you express a preference
- a moment where you allow yourself to say no

These small changes represent something significant. You're beginning to include yourself in your own life again. You begin noticing the moments where you once adapted automatically. You pause before responding. You allow your own perspective to appear.

Patterns that developed over many years take time to change, but each moment of awareness gives you the opportunity to make slightly different choices which begin to reshape your connections with others. You still observe someone else experiencing their emotions but you're no longer feeling responsible for fixing them.

Some relationships may adapt easily to these changes; others may take time to adjust. If someone has grown accustomed to you always accommodating their needs, your new behaviour may initially feel unfamiliar to them.

As this new balance develops, you will notice a quiet shift in how you experience your life. You:

- feel less emotionally exhausted
- experience less resentment
- feel more present in your interactions

Most importantly, you begin to:

- trust their instincts
- trust their feelings
- trust their ability to navigate relationships without abandoning themselves in the process

Moving forward does not require intense effort. It simply requires continuing to **notice your internal signals** and allowing them to **participate in your decisions**. Each time you do this, you strengthen your relationship with yourself, and that relationship becomes the foundation for healthier, more balanced connections with others.

Reflection Exercise

What Have You Learned?

Take a moment to reflect on what you've discovered while working through this workbook.

One insight that stood out to me is...

One pattern I now recognise more clearly is...

One change I have already begun to practise is...

One area where I would like to continue growing is...

Final Reflection

How do you want to show up in your relationships moving forward?

You don't need to change everything at once. Simply continue noticing the moments where your needs, feelings, and instincts appear. Allow them to guide you.

Over time, this quiet practice creates a life where:

- connection and self-respect exist together
- caring for others no longer requires leaving yourself behind
- the essence of you, the person you once emotionally spirited away, is fully present again.

How incredible is that?