

**Kim Fredrickson, MFT**  
Parent, Relationship and Life Coach  
1891 E. Roseville Parkway #100  
Roseville, CA 95661  
(916) 791-6530

## **Helping Develop A Better Relationships with Yourself©**

### **A. How Can I Know if I Have A Good Relationship with Myself?**

- \* I know what I like and don't like
- \* I'm able to hang onto my values, beliefs, and desires, even if someone disagrees with me
- \* I'm aware of what's important to me in life
- \* I have a sense that I can accomplish what I want to in life
- \* I have a sense of my own personal power
- \* In general, I am not a victim of other people's desires
- \* My satisfaction comes from living out the dreams and goals that God has given me, not from helping someone else live out their goals and dreams
- \* I'm able to maintain who I am even when someone I care about is upset with me
- \* I'm able to self-soothe my own internal anxiety, rather than only being able to get soothing from substances, activities, or other people
- \* I'm able to tolerate discomfort and pain in order to grow
- \* I'm able to put my desires and insights into action, not just have these remain as "something I should do"
- \* I'm able to maintain my personal integrity (my actions and personal values are congruent)

### **B. Ideas to Form a Deeper Connection with Yourself:**

- \* Be open to the idea that you have an inside self that needs to be seen.

- \* Let yourself feel the feelings that come up around realizing what "mirrors" of yourself you were given, and how those have affected your image of who you are.
- \* Write a letter (not to send) to the people who gave you an inaccurate reflection of yourself. "I'm realizing that you gave me the message that I \_\_\_\_\_." I'm realizing that this is not true, and I'm taking steps to scrub away this distorted image of myself, and instead begin to see myself as God sees me, and as I really am.
- \* Talk to yourself with as much compassion as you can muster. "I realize that I've been believing these things about me. I don't want to see myself in a distorted way anymore.
- \* I want to begin the process of wiping away the lies of who I was told I was, and get to know me as I really am." I realize that I'm not \_\_\_\_\_ (pick one false attribute you have believed about yourself because someone told you that). I don't want to reject myself like this any more."
- \* Expect lots of grief as you enter into this process.
- \* Make sure you have a safe friend, counselor, coach, group, or Pastor you can process your feelings with.
- \* Start forming the habit of asking yourself what you need, rather than running to a substance, activity, or another person to meet your need.
- \* Begin the process of learning to soothe yourself when upset

©Kim Fredrickson, Coach 1891 E. Roseville Parkway #100, Roseville, CA  
95561 (916) 791-6530 [www.EncouragingRelationships.com](http://www.EncouragingRelationships.com)

**ABOUT THE AUTHOR** Kim Fredrickson, M.S., Marriage and Family Therapist (CA MFC 22635) and Life, Parent, and Relationship Coach is the author of many popular CD's and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationships Tips like these, visit her site at <http://www.EncouragingRelationships.com>.

**NOTE:** You're welcome to "reprint" this article online as long as it remains complete and unaltered (including the "about the author" info at the end), and you send a copy of your reprint to [Kim@EncouragingRelationships.com](mailto:Kim@EncouragingRelationships.com)