

# BECOME A BRAIN BOSS WORKBOOK

## Part 4 Your Relationship With You & Others



LEARN TO THRIVE WITH ADHD

# Relationships Are Thoughts



**What relationships would you like to improve?**

**What thoughts would you need to be thinking about them?**

**What thoughts would need to change?**

# WHAT IS YOUR STORY ABOUT YOU?



**Who are you?**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question "Who are you?".

**What do you think about your abilities?**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question "What do you think about your abilities?".

**Based on what you've been told, the thoughts you think about yourself are...**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question "Based on what you've been told, the thoughts you think about yourself are...".

# WHAT IS YOUR STORY ABOUT YOU?



**Do you like, love, or hate yourself? Why?**

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**What do you think about yourself compared to others?**

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**What do you think about your accomplishments?**

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# WHAT IS YOUR STORY ABOUT YOU?



**What do you think about your personality?**

**What do you think about your weaknesses?**

**What do you know about yourself?**



## **The Manual**

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## **Boundaries**

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## **Unconditional Love & Lovability**

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# A LETTER TO MY PAST SELF



Write a letter to your past self using the following format. This is a great tool for uncovering negative thought patterns and beliefs. Be willing to allow emotions to surface.

Dear \_\_\_\_\_

I'm angry because

I'm sad because

# A LETTER TO MY PAST SELF



**I wish**

A large, empty rectangular box with a light gray background, intended for writing a wish to one's past self.

**I'm sorry that**

A large, empty rectangular box with a light gray background, intended for writing an apology to one's past self.

**I love you because**

A large, empty rectangular box with a light gray background, intended for writing reasons for loving one's past self.



# A LETTER FROM MY FUTURE SELF



Write a letter from your future self, who's right where you want to be, and have her give you some advice. What would they tell you to stop doing? What would they tell you to start doing? What else might they say?

Dear \_\_\_\_\_

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# A LETTER TO MY FUTURE SELF



Write a letter to your future self. What will you do for them? How will you change? What promises are you making to them? How are you setting them up for a better life now?

Dear \_\_\_\_\_

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# Coaching Notes

