



5 Practical Things You Can Do Right Now

#1 Explore whether you are afraid.

Explore whether you are afraid of the high conflict person or relationship (or afraid of the relationship ending). If so, work with a therapist or coach to understand your fear in order to change how the relationship affects you.

#2 When you feel shame, practice self care.

When you feel shame, practice self care by forgiving yourself. Also try to understand where your shame is actually coming from. Don't give apologies away too freely, especially to the high conflict person who makes you feel this way.

#3 Choose your problems. (Yes, you can choose!)

You may discover there are problems you're willing to live with, so you can focus on the ones that matter most.

#4 Explore loneliness as a vulnerability.

Explore whether loneliness is making you vulnerable to your high conflict person. If so, learn about four other directions you can connect when you're feeling lonely.

#5 Respect your intuition.

In high conflict relationships we often overrule our intuition as a result of our own values (sounds weird, but it's not!). Take time to identify your values. It will help you make space for your intuition.

Hi! My name is Jenni McBride McNamara, a Licensed Marriage and Family Therapist, with expertise in helping you figure out "What's going on?!" with that other person.

More importantly, I help you take concrete steps to change how you react to that person, reduce your stress, and ultimately free yourself from all the unnecessary drama.

I created the High Conflict Relationships Program for individuals and professionals after years of working with clients who found themselves stuck in a relationship with a high conflict person.

Based on years of experience, I have developed a proven methodology that empowers the individual to make real change and find their own emotional freedom.

If the 5 Practical Things Worksheet resonates with you, I encourage you to explore the HCR program. The program includes a self-guided online course with workbooks and a certificate upon completion. You'll also receive access to the members-only online support group. Coaching packages are available for one-on-one relationship coaching with Jenni.

Learn more at www.jennimcbridemcnamara.com

*Thank you for being present.
Thank you for being.*

Jenni Mc. Mc.



5 Practical Things You Can Do Right Now

[worksheet]

If you run out of space, consider using a journal where you can keep these and other thoughts. If you want more, check out the High Conflict Relationships Course - online, on your own time.

#1 Brainstorm and write down any fears you may have about your relationship with your high conflict person:

.....

.....

.....

#2 Think of a time when you felt shame. Now pretend it wasn't you! Next, write down a forgiveness statement - something like, "I forgive you for..."

.....

.....

.....

#3 Identify the problems that matter most to you. Now think of the ones that matter less. Write these down.

Problems that matter:

.....

Problems that matter less:

.....

Other problems I'll categorize later:

.....

#4 When you feel lonely or fear loneliness, write down 3 things you do or think. Now, ask yourself, "do these things make me vulnerable?"

.....

.....

.....

#5 Take a moment to write down 3 values. Now, think about something you can do each day to remind yourself of your values.

.....

.....

.....