



Emotional Bullshit:

The Hidden Plague That Is Threatening to Destroy Your Relationship* and How to Stop It --Summary Worksheet

By Carl Alasko

Journal or Discuss:

If you're wondering whether emotional bullshit exists in your life, work, family and or relationships, ask yourself while you are seeking answers to essential choices in your life if you:

- Deny any essential facts
- Manipulate the truth in order to avoid discomfort
- Shirk any responsibilities to yourself and others
- Are blaming anyone for your ability to fulfill a need

To find core needs ask the following:

- What can I do to make my life more fully satisfying?
- What behaviours can I change to satisfy my core needs?
- Which beliefs stop me from fulfilling them?

Sit quietly and with a journal as you answer these questions. Be completely uncensored and open. No one needs to know your original thoughts but you. Start where you are and know that relationships are meant to evolve, grow, and sometimes end.

Please note that everyone is prone to BS, be gentle as you ask these questions.

Remember that people's needs will be different but that doesn't make them wrong--yours or theirs.

Some people like quiet and some noise. Some like activity and some relaxation.

All good as long as you stay in your integrity.

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*Alasko's work does not discuss kinky, queer, open or polyamorous relationships. If you would like help relating these questions to your unique relationship style please let me know. Here's to honouring our expressions of love.