



Reclaim Your Worth

A 7-day practice for recognizing relationship patterns and choosing yourself. If you're here, you're feeling something you can't quite name—a heaviness, a doubt, a quiet knowing that something isn't right. This kit is your gentle companion as you get clear about what you're experiencing and what you truly deserve.

How to Use This Kit

Daily Practice

Spend 10-15 minutes each day with the prompts. Be honest. Write freely. No one is grading this. The goal is clarity, not chaos.

What You'll Need

- A journal or notes app
- Quiet space where you feel safe
- Willingness to be truthful with yourself



You don't need to make any big decisions right now. You just need to start seeing clearly. By day 7, you'll know what you're working with and what you need.

Day 1: The Disappointment Inventory

01

Morning Reflection

Close your eyes and think about the last two weeks of your relationship. What moments made your chest feel tight? When did you feel overlooked, dismissed, or alone even though you weren't physically alone?

02

Journaling Prompt

"The disappointments I've been carrying but not naming are..."

Write for 5 minutes without stopping. Don't edit. Just let it flow.

03

Evening Check-In

Notice today if you edit yourself before speaking to your partner. Do you practice conversations in your head? Brace for defensiveness? That self-protection is information.

 **Affirmation:** My disappointment is not drama. It's data.

Day 2: The Effort Audit

Think about the last month. Who's doing the emotional labor in your relationship? Who's initiating connection, planning dates, remembering important things, trying to improve the relationship?

Things I Do for This Relationship

List everything: initiate conversations about us, plan dates, remember his family's birthdays, check in about his feelings, make his favorite meals, manage household tasks, try to improve things.

Things He Does for This Relationship

Be honest. List actual behaviors, not intentions or promises. What does he consistently do without being asked?

Look at your lists. What do you notice? How does the imbalance make you feel? If you were meeting yourself for the first time and saw how hard you were working to keep someone else comfortable, what would you think?

 **Affirmation:** Reciprocity isn't selfish. It's sustainable.

Day 3: The Celebration Check

Morning Reflection

Think about your recent wins—big or small. A work accomplishment, a personal goal, something you were proud of. Who did you tell first? How did they respond?

Journaling Prompt

"The last time I shared good news with my partner, what happened? How did I feel afterward? Do I still share my joy with him, or have I learned to keep it to myself?"

The Cheerleader Test

If your partner isn't your biggest supporter, who is? List 3 people who genuinely celebrate you. Notice how it feels to think about them versus thinking about sharing your joy with your partner.



Affirmation: I deserve someone who lights up when I shine.

Days 4 & 5: The Time Truth & Feelings Reception

Day 4: Where Does His Time Go?

Think about last week. How much quality time did you actually have? How often did he choose other things over you? List times he canceled or rescheduled with you, times he made space for friends or hobbies but not you, times you asked for his time and were told no.

"If I'm honest, when I want time with him, I feel like I'm..."
(competing, begging, intruding, being needy—what's true for you?)

1

2

Day 5: How Are Your Feelings Received?

Think about the last time you expressed a need, hurt, or concern. How was it received? Complete these: *"When I tell him something hurt me, he usually... When I ask for what I need, he... When I cry or show emotion, he..."*

Do you feel safe being fully emotional with your partner? Or have you learned to be a smaller, quieter, less-feeling version of yourself to keep the peace?

Affirmation: My time is valuable. My presence is a gift.

Affirmation: My feelings are not inconveniences. They are invitations to deeper connection.

Day 6: The Promise Pattern

Promises vs. Performance

What has he promised you—with words or actions—that hasn't materialized? What have you been waiting for?

He's Said

List promises, commitments, "I'll work on that," timelines he's mentioned, things he said he'd change or improve.

What's Actually Happened

What has materialized? What's still just talk? Be brutally honest about the gap between words and actions.

"I keep believing him because..."

"The cost of continuing to believe without evidence is..."

Trust isn't built on words. It's built on consistency. What is his consistency showing you?

 **Affirmation:** I am allowed to believe patterns over promises.

Day 7: The Clarity Question



Today is About Integration

You've spent six days observing, naming, and getting honest. Now comes the question only you can answer.

Sit quietly for 5 minutes. Place your hand on your heart. Breathe.

"If nothing changes— can I live with this?"

Don't rush to answer. Let the truth rise up.

Future Self Letter Exercise

Write a letter from your future self one year from now. There are two versions:

Version 1: You Stayed

Nothing changed. What does that version of you want to tell today's you? What has staying cost you?

Version 2: You Chose Yourself

Whether through hard conversations, boundaries, or leaving. What does that version of you want to tell today's you? What has choosing yourself given you?

Reflection Prompts for Tough Moments

Use these whenever you're feeling stuck or doubting yourself:



When You're Feeling Guilty

- What would I tell my daughter or best friend if they were in this situation?
- Am I confusing love with loyalty to someone who isn't being loyal to me?



When You're Feeling Dramatic

- Have I clearly communicated what I need? Has it changed anything?
- Why am I questioning my feelings instead of questioning his behavior?



When You're Feeling Scared

- What's scarier: staying like this or finding out who I am without him?
- What am I actually afraid of losing?



When You're Hoping He'll Change

- How long have I been hoping? What's different now?
- Am I waiting for him to change or waiting for permission to leave?

What Happens Next

01

If You're Staying (for Now)

Set a check-in date 3 months from now—revisit these prompts. Has anything changed?
Communicate clearly using specific language. Stop overgiving. Match his energy and see what happens when you stop carrying the relationship alone.

02

If You're Leaving

Build your support system—tell trusted friends. Plan practically: housing, finances, logistics. Get support figuring this out. Grieve the hope. It's okay to be sad about the relationship you wanted, even if leaving is right.

03


If You're Still Unsure

That's okay too. Clarity takes time. Keep journaling. Keep noticing. Trust yourself to know when you know. Talk to someone: therapist, trusted friend, or reach out to us.

You Are Not Alone

Thousands of women have walked this path before you. The confusion, the guilt, the fear of being "dramatic"—it's all normal. What you're feeling is valid.

Need a human to talk to? We're here—not to tell you what to do, but to help you hear yourself more clearly.

 WhatsApp: +254 720 202299

 Email: hello@arcaneguides.com

Dear one, you picked up this kit because something inside you knows you deserve more. Trust that knowing.

You are not high-maintenance for wanting effort. You are not too sensitive for having feelings. You are not asking too much for wanting reciprocity. You are not failing by considering leaving.

You are simply awake. And once you're awake, you can't go back to sleep—nor should you.

Whatever you decide, decide from love for yourself, not fear of disappointing someone else.

You've got this. We're cheering for you.

— The Arcane Guides Team