



Relationship Clarity & Self-Care Kit

A 7-Day Guide to Reclaiming Your Peace While Navigating
Relationship Uncertainty

Welcome to Your Clarity Journey

If you're here, you're probably feeling confused, exhausted, or both. You're questioning whether what you're experiencing is real or if you're overthinking. You're wondering if you should stay or go, if you should speak up or stay quiet.

First, **take a breath**. You're not alone in this, and you're not crazy. What you're feeling is real, and this kit is here to help you find clarity, protect your heart, and reclaim your peace—no matter what happens next.

Over the next seven days, you'll learn to:

- Identify patterns you've been ignoring
- Trust your intuition again
- Set boundaries that protect your well-being
- Make empowered decisions from clarity, not fear

You deserve relationships that feel good, not relationships that leave you constantly questioning your worth.



How to Use This Kit

01

Dedicate Time

Set aside 15–20 minutes each day to work through that day's prompt and practice. This is your time.

02

Gather Your Tools

You'll need a journal or notebook, a quiet space, and honest self-reflection. Create a safe space for yourself.

03

Permission to Feel

This process might bring up difficult emotions. That's okay. Feel them. Cry if you need to. Rage if you need to. Your feelings are valid.

04

Move at Your Pace

You can move through this at your own pace. If you need two days on Day 3, take it. This is your journey.

Day 1: Name What You've Been Tolerating



Today's Focus

Getting honest about what's actually happening in your relationship.

Journal Prompt

"What have I been tolerating in this relationship that I would never accept from a stranger or a friend?"

Write freely. Don't censor yourself. Include the small things and the big things. Sometimes we tolerate patterns for so long that we forget they're not normal.

Examples to Consider

- Being ignored when you speak
- Having your feelings dismissed
- Always being the one to apologize
- Emotional unavailability
- Lack of effort or consistency
- Criticism disguised as "honesty"

Today's Practice

After you write, read your list out loud to yourself. Notice how your body feels. Where do you feel tension? Sadness? Anger? Your body is telling you the truth.

Affirmation: "I am allowed to name what hurts, even if no one else sees it."

Days 2–3: Reconnect & Remember

Day 2: Your Support System

Today's Focus: Remembering you're not alone in this.

"Who in my life makes me feel seen, valued, and safe? When was the last time I let them in?"

Isolation makes everything harder. When we're in painful relationships, we often withdraw from the people who love us—sometimes out of shame, sometimes because we're exhausted.

Today's task: Reach out to one person who genuinely cares about you. Have a real conversation. Tell them what's going on. Let them hold space for you.

Day 3: Who You Are

Today's Focus: Reclaiming your identity outside the relationship.

"What did I love about myself before this relationship? What parts of me have I lost or hidden?"

When relationships become consuming—especially when they're painful—we often lose pieces of ourselves. Our hobbies, our friendships, our quirks, our dreams.

Today's task: Do one thing today that's just for you. Something that brings you joy and has nothing to do with your partner.

Day 2 Ideas

- Call a friend you've been missing
- Join an online support community
- Schedule time with a therapist
- Share your story with someone safe

Affirmation: *"I am worthy of support, and asking for help is an act of strength."*

Day 3 Ideas

- Take yourself on a solo coffee date
- Listen to music that makes you feel alive
- Draw, write, dance, create something
- Go for a walk in nature
- Watch a movie they'd hate but you love

Affirmation: *"I am whole on my own. My worth is not determined by someone else's presence or absence."*

Days 4–5: Clarity & Self-Trust

Day 4: Define Your Non-Negotiables

Today's Focus: Getting clear on what you need in a healthy relationship.



"What are my three non-negotiable needs in a relationship? Are they currently being met?"

Non-negotiables are the baseline requirements for you to feel safe, respected, and loved. These aren't "nice to haves"—they're essentials.

Day 5: Practice Self-Honoring

Today's Focus: Building your self-trust back.



"What is my intuition trying to tell me? What truth have I been avoiding?"

Your intuition is not your enemy. It's not paranoia or anxiety or "being too sensitive." It's your inner wisdom trying to protect you.

Examples of Non-Negotiables

- Open, honest communication
- Emotional availability and presence
- Consistent effort from both people
- Mutual respect and kindness
- Physical affection and intimacy
- Shared values and life goals
- Trust and reliability

Affirmation: *"My needs are not negotiable. I deserve a partner who shows up for me."*

Day 5 Mirror Practice

Stand in front of a mirror, look yourself in the eyes, and say out loud:

"I deserve clarity, consistency, and respect. I will not settle for crumbs of attention. I am worthy of being chosen, clearly and completely."

Say it until you feel it. Say it even if you don't believe it yet.

Affirmation: "I trust my intuition. My feelings are data, not drama."

Day 6: Have the Difficult Conversation

By now, you've done the internal work. You've named what's wrong. You've reconnected with yourself and your support system. You've clarified what you need. **Now it's time to speak up.**

Conversation Starter Script

"I need to talk about something that's been weighing on me. I've noticed that we've been distant lately—[give specific examples: less communication, less time together, emotional withdrawal]. It's been really hard for me, and I need to understand what's going on for you. Are you still invested in this relationship, or has something changed?"

Tips for This Conversation

- Choose a calm moment, not during an argument
- Use "I" statements: "I feel," "I've noticed," "I need"
- Be specific about the behaviors you've observed
- Ask open-ended questions and genuinely listen
- Don't let them gaslight you or minimize your experience
- Be prepared for the answer, even if it's painful

What If They Deny Everything?

If they completely dismiss your concerns, minimize your feelings, or make you feel like you're imagining things—**that's your answer**. Someone who cares about you will take your pain seriously, even if they disagree about the cause.

What If They Confirm Your Fears?

If they admit they're pulling away or considering leaving, as devastating as that is, at least you have clarity. And clarity, even painful clarity, is a gift.

Affirmation: "I am brave enough to ask for the truth, and strong enough to handle whatever comes."

Day 7: Reflect and Decide



Today's Focus

Integration and next steps.

"What have I learned this week? What do I know now that I didn't know seven days ago? What will I do differently moving forward?"

Take time today to reflect on this entire journey. Look back at what you wrote on Day 1. How do you feel now? What's shifted?



Questions to Guide Your Reflection

Has my partner responded to my concerns with care or defensiveness? Do I feel more clarity or more confusion?



The Decision Point

Am I willing to continue in this relationship as it is today? What boundaries do I need to set to protect my well-being?




The Self-Love Question

What would self-love do in this situation? Trust that answer.

Today's Practice: The Decision Matrix

On a piece of paper, draw a line down the middle. On one side, write: **"If I stay."** On the other: **"If I leave."**

Under each column, honestly list what that choice would mean for you—emotionally, practically, spiritually. This isn't about making a decision today. It's about seeing your options clearly.

 **Affirmation:** "I am capable of making hard decisions. I trust myself to choose what's best for me."

Boundary Scripts & Self-Care Practices

Sometimes we know we need boundaries but don't know how to express them. Here are scripts you can adapt, plus practices for the hard days.



When They're Emotionally Unavailable

"I need us to talk about what's going on. When you shut down, I feel shut out. Can we agree to be honest with each other, even when it's uncomfortable?"



When They're Always Too Busy

"I've noticed we haven't spent quality time together in weeks. I need regular connection to feel close to you. Can we commit to one date night per week?"



When They Dismiss Your Feelings

"When I share something that's bothering me and you tell me I'm overreacting, it makes me feel like my feelings don't matter. I need you to listen without minimizing what I'm going through."

Self-Care Practices for Hard Days

When Anxiety Takes Over

Box Breathing – Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat until calm.

When You Want to Reach Out

Text a friend instead. Tell them: "I want to text them but I know I shouldn't. Can you talk me through this?"

When Sadness Hits

Let yourself cry. Put on a sad playlist. Cry in the shower. Your tears are not weakness—they're release.

When You Doubt Yourself

Read your Day 4 non-negotiables out loud. Remind yourself what you deserve.

When You Feel Alone

Call someone who loves you. Tell them you're struggling. Let them remind you of your worth.

You Are Not Broken

You deserve to be chosen clearly, loved consistently, and valued deeply.

Wherever you are in this process—whether you're still deciding, already healing, or somewhere in between—please know this:

“ You are not broken. ” “ You are not too much. ” “ You are not unlovable. ”

Sometimes relationships end. Sometimes people leave. And sometimes the bravest, most self-loving thing we can do is acknowledge when something is no longer serving us—and choose ourselves anyway.

If this relationship can't give you what you need, another one will. But first, you have to choose yourself.

We're Here When You're Ready

If you want support putting these practices into action, or if you just need someone to walk beside you through this, we're here.

Reach Out

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We offer one-on-one guidance, spiritual support, and emotional wellness coaching for people navigating relationship transitions.

Free Resources

- Healing from heartbreak rituals
- Setting boundaries with compassion
- Self-worth and relationship patterns
- New moon release ceremonies

With warmth and belief in your strength,

The Arcane Guides Team