

The Relationship Rebalance Kit

Your 7-Day Journey from Martyr to Partner

Stop carrying your relationship alone. Start showing up as your whole self.



Welcome to Your Journey

If you're holding this guide, you're done apologizing for having needs. You're done carrying everything alone. You're done making yourself small to keep the peace.

This isn't about fixing your partner or your relationship overnight. It's about reclaiming your voice, one small step at a time. Over the next seven days, you'll practice expressing needs, setting boundaries, and remembering that **love doesn't require you to disappear.**

How to Use This Kit



A Focus

One shift to practice each day



A Reflection Prompt

Space to journal or think deeply



A Micro-Action

Something tiny you can do today



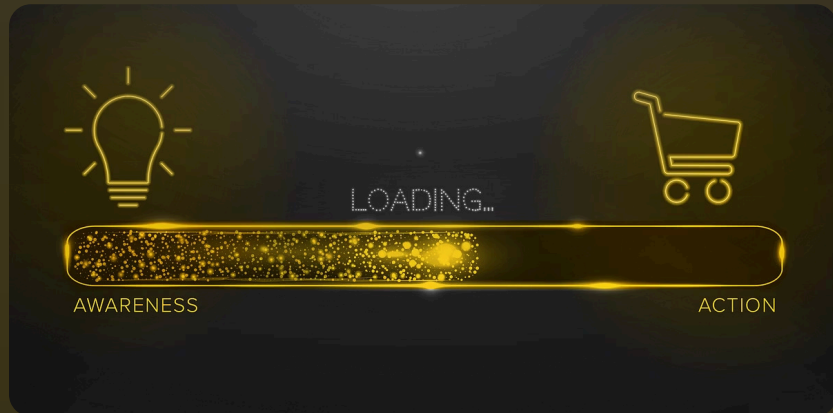
Scripts

Actual words you can use when you're not sure what to say

The Rules

- Go at your own pace. If you need to stay on Day 2 for three days, do it.
- You don't have to be perfect. Trying counts.
- Notice what comes up—fear, resistance, relief. It's all information.
- If you need support, reach out. We're here.

Days 1-2: Awareness and Action



Day 1: Name What You're Carrying

Focus: Awareness without judgment

Make a list of everything you do in your relationship that feels one-sided. Include emotional labor like remembering birthdays, initiating difficult conversations, and managing the social calendar, along with physical tasks.

What surprised you about this list? What pattern do you notice?



Day 2: Make One Small Ask

Focus: Direct communication without drama

Ask your partner for one specific, small thing. Not "I wish you'd help more," but "Could you handle dinner tonight? I'd really appreciate it."

Script: "Hey, I need [specific thing]. Can you handle that?"

Days 3-4: Boundaries and Communication

Day 3: Set One Tiny Boundary

Focus: Protecting your energy without guilt

Say no to something—or delay it. Practice phrases like "I can't talk about this right now" or "I need 20 minutes to myself first."

"I'm not available for that right now. I need to take care of myself first, then I'll be able to show up better."

1

2

Day 4: Stop Complaining to Others

Focus: Direct conversation over triangulation

If you catch yourself venting to a friend, pause. Ask yourself: "Have I said this to my partner?" If not, bring it to them—directly, calmly, without accusation.

Use "I" Statements: "I feel [emotion] when [specific situation]. I need [specific thing] to feel [desired feeling]."


Days 5-6: Vulnerability and Self-Recovery

Day 5: Name the Fear Underneath the Anger

Focus: Vulnerability over defensiveness

The next time you feel anger, frustration, or resentment toward your partner, pause. Ask yourself: *"What am I actually afraid of right now?"*

The surface emotion is often masking a deeper fear—abandonment, not being enough, losing control. When you feel safe, share the vulnerability with your partner instead of the anger.

 **Vulnerable Script:** "I got angry earlier, but honestly? I'm scared that [fear]."

Day 6: Reclaim One Thing You Gave Up

Focus: Remembering who you are outside the relationship

Do one thing you used to love before you became the relationship martyr. A hobby, a friendship, time alone, a creative project. Something that's just yours.

Put it in your calendar. Treat it like an appointment you can't cancel. Because it is.

If Your Partner Resists: "I need this time for myself to feel whole. I'll be a better partner when I'm not running on empty."

Day 7: Reflect and Reset

Integration and Next Steps

Look back at the past six days. What shifted? What felt hard? What do you want to keep doing?



The biggest shift I noticed in myself



What I'm most proud of



One pattern I want to keep challenging



My relationship looks/feels different because

Micro-Action: Choose one practice from this week to continue for the next 30 days. Write it down and put it somewhere you'll see it daily.

Emergency Scripts: When You're Stuck

When You Don't Know What You Need

"I don't know exactly what I need right now, but I know something feels off. Can we just sit with that together?"

When You're Afraid to Rock the Boat

"I've been afraid to bring this up, but silence isn't working either. So here goes..."

When They Get Defensive

"I'm not attacking you. I'm trying to share how I feel so we can understand each other better."

When You Start to Apologize for Having Needs

Catch yourself. Delete "I'm sorry." Replace with: **"I appreciate you hearing me out."**

When You Want to Give Up


"This is hard, and I'm not sure how to do it perfectly. But I'm trying, and I need you to try too."

What Comes Next?

Seven days is just the beginning. Unlearning martyr patterns takes time, practice, and often support. This journey isn't about perfection—it's about progress.

Your Next Steps:

- Pick one practice from this week and commit to it for 30 days
- Check in with yourself weekly: Am I slipping back into old patterns?
- Celebrate small wins—every time you speak up, set a boundary, or ask for help
- Get support if you need it (therapist, coach, trusted friend, or us)

 **When to Get Additional Support:** If your partner consistently dismisses your needs, if you feel unsafe expressing yourself, or if these exercises bring up intense fear or pain—please reach out for support. You deserve to be heard and respected.

Remember: You're not broken. You're just learning a new way.

You're Not Too Much

You're just done
disappearing.

Need a Hand? We're Here.

If you're feeling stuck, scared, or unsure what to do next—reach out. We get it, and we've got you.



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