



The Relationship Challenge

**Practical Wisdom
to Improve the
Quality of Your
Relationships**

This workbook is uncopyrighted. Please feel free to share it on your website with an attribution and a link to our website.

CONTENTS

- 1** *Introduction*
- 2** *Progress Checklist*
- 3** *Set Boundaries, Find Peace*
- 4** *How to Be An Adult in Relationships*
- 5** *30 Lessons on Loving*
- 6** *What We Say Matters*
- 7** *The Four Noble Truths of Love*
- 8** *The High-Conflict Couple*
- 10** *You Are Not Your Brain*
- 11** *30 Day Challenge Information*

How would your life improve if you could absorb the wisdom from 30 bestselling relationship books in just 30 days?

Guess what? You can!

The app [Blinkist](#) summarises thousands of non-fiction books into short audio and written “blinks”. The listening option makes it particularly easy to fit this challenge into your day!

We’ve handpicked the best book summaries with practical information to help you improve the quality of your relationships. [Research shows](#) the strength of your social connections is a key determinant of your happiness. Why not invest just 30 days to learn the most essential skills for mental wellbeing?

At the end of the challenge, you’ll have learned how to:

- Improve your communication skills
- Become more assertive
- Reduce relationship conflict by learning how to manage challenging emotions
- Understand your relationship needs and desires
- Adopt a healthy mindset towards relationships
- Understand the signs of abuse and how to deal with it

You’ll find detailed writing prompts for each book to encourage effective self-reflection and learning. There’s *a lot* of practical knowledge in here - you don’t need to complete the challenge in consecutive days. Take your time to process what you’ve learned and to reflect on any action steps you want to take.

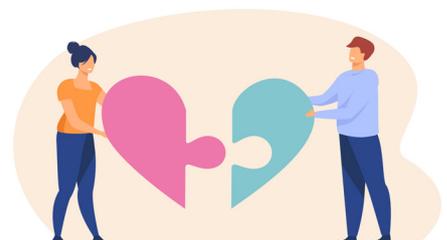
The challenge is suitable for singles as well as people in relationships. To get started, you’ll need to download the [Blinkist app](#). Complete a free 7 day challenge with this booklet - cancel before the 7 day free trial ends on Blinkist and you won’t be charged.

To continue, find the full 30 day challenge in [The Mental Wellbeing Toolkit](#) and join Blinkist for \$7.49 a month. The full version also includes a summary of the key messages in all 30 titles.

At the time of writing, Blinkist have a 2 for 1 offer where you can share your subscription with a friend. We consider it really great value and we hope you’ll love the app as much as we do!

Rebecca and the team

The Wellness Society



PROGRESS CHECKLIST

- 1. Set Boundaries, Find Peace
- 2. How to Be An Adult in Relationships
- 3. 30 Lessons on Loving
- 4. What We Say Matters
- 5. The Four Noble Truths of Love
- 6. The High-Conflict Couple
- 7. You Are Not Your Brain

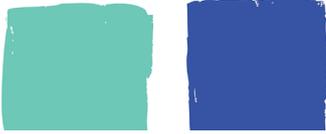




**SET BOUNDARIES,
FIND PEACE**

*a guide to
reclaiming yourself*

NEDRA GLOVER TAWWAB



Set Boundaries, Find Peace

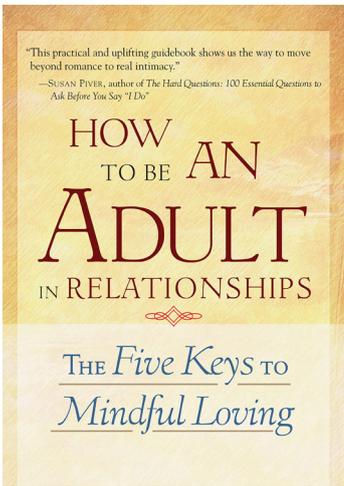
by Nedra Glover Tawwab

What are the signs of needing to set more boundaries? What are most relationship problems caused by? What first step should someone take if they suffer from porous boundaries? Which three things can you do to cultivate closer relationships? What do you need to combine to achieve healthy boundaries? Which three phrases do assertive boundary statements usually start with? What can you do if a person ignores your boundaries?

“If you avoid conflict to keep the peace, you start a war inside yourself.”

– Cheryl Robinson

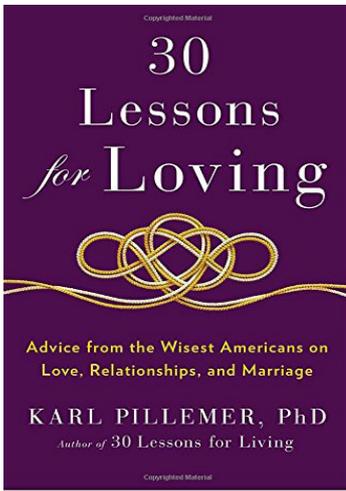




How to Be An Adult in Relationships by *David Richo*

What are the five fundamental relationship needs? In your last or present relationship, how much did you give and receive these needs? In what ways do you re-enact the past in your adult relationships? What are your relationship needs and wants? What are the three stages of relationships? What approach does the author suggest to manage relationship fears? What are the signs that a relationship is no longer working out? What can you do to end a relationship well?



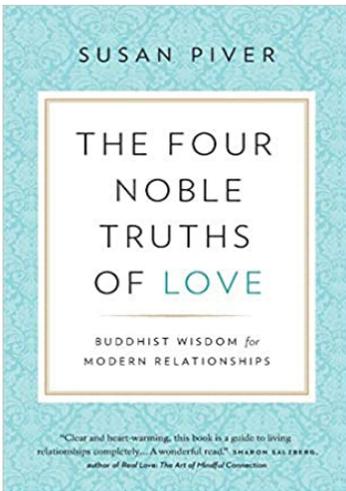


30 Lessons on Loving

by Karl Pillemer

What should you take into consideration when deciding whether or not a relationship is worth committing to? What was the most common piece of relationship advice older people offered? Mind reading is a very common unhelpful thinking pattern affecting relationships – what should you do instead? What can you do to cultivate romance in long-term relationships?



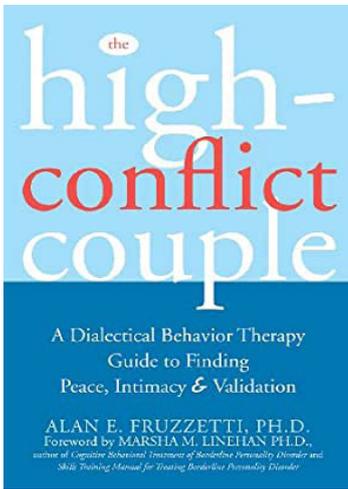


The Four Noble Truths of Love

by Susan Piver

What is the First Noble Truth and where does it stem from? What are the Second, Third and Fourth Noble Truths? How much do you acknowledge and accept the inherently flawed nature of relationships - and people? Do you have any false expectations? What do you think are the key stages of romantic relationships? What does it mean to be unattached? Finish this sentence: "Love is..." What's an example of magical thinking in relationships?





The High-Conflict Couple

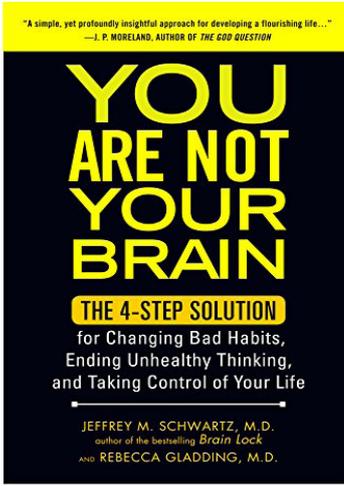
by Alan E. Fruzzetti

What can you do to avoid unnecessary arguments? What does the author mean by being passively vs. actively together, and why is this important? What is it important to be direct about in relationships? Validation builds trust and reduces negative feelings – what does this mean exactly in the context of relationships? How can you effectively approach unsolvable relationship issues? What list does the author recommend trying out?



“What we learned about love and relationships from our childhood feels normal. But just because something feels familiar doesn’t mean it’s healthy. Spend five minutes today quietly reflecting on one of your relationships. Does it enrich your life? If you find that it doesn’t, consider what changes you need to make so the relationship feeds you.”

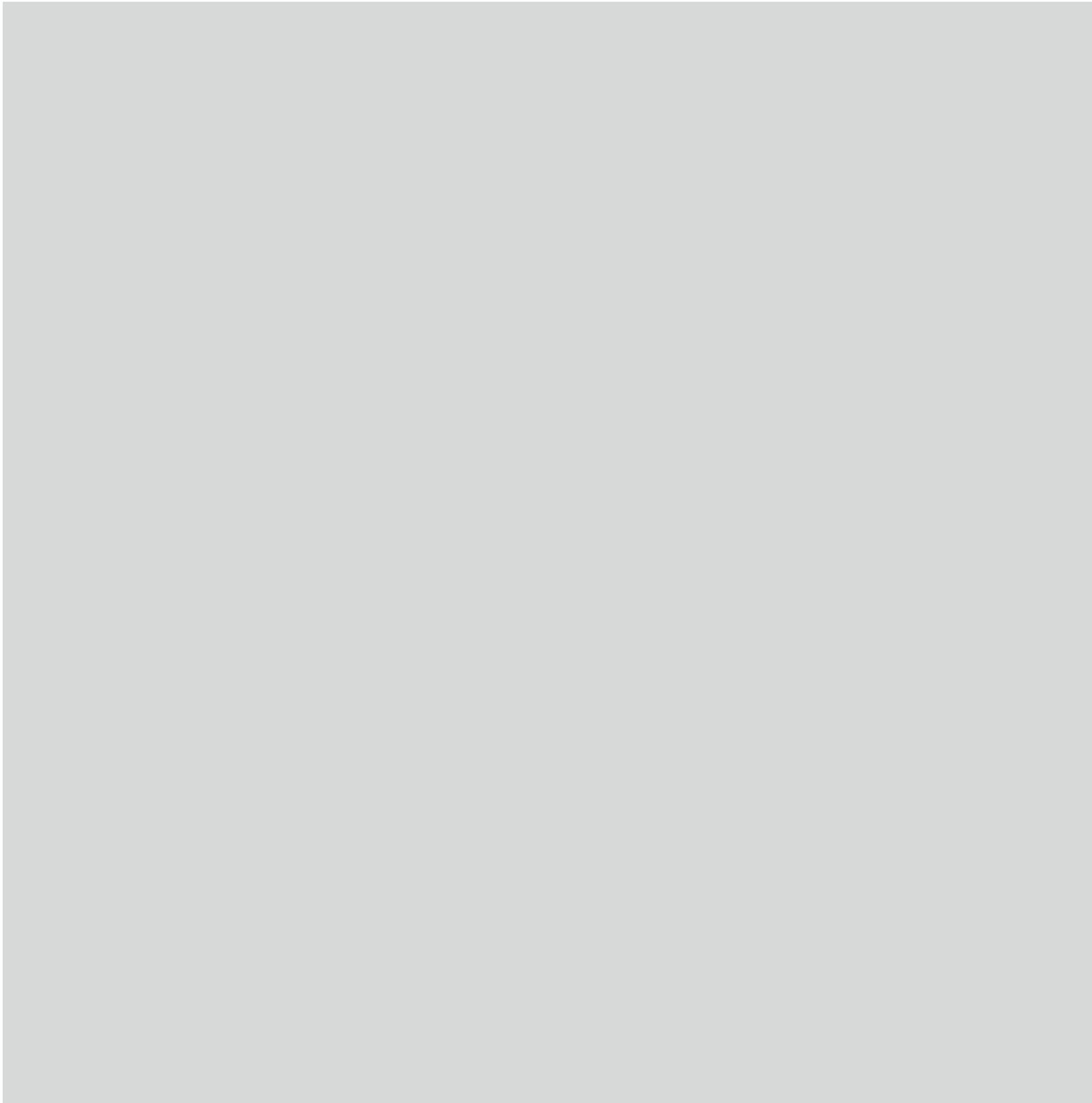
- Judith Hanson Lasater



You Are Not Your Brain

by Jeffrey Schwartz

Why is reassurance seeking behaviour problematic? Are you mindful of your mental activity or do you get swept away by it? What is self-directed neuroplasticity? What are the four steps to dismantle the associations between unhealthy thoughts and habits? What is the ultimate aim of the steps? What is Hebb's law and the quantum Zeno effect? Is your mind prone to black-and-white thinking and catastrophizing in the context of relationships? If so, what can you do to handle this?



Enjoy the 7 day challenge?

Level up with the 30 day challenge and invest in the most important determinant of your happiness - the quality of your social connections.

The 30 day challenge is part of The Mental Wellbeing Toolkit.

You'll get:

- ✓ 30 practical book summaries
- ✓ A key points summary of all 30 books - re-read on a regular basis to instil the essential knowledge for improving your relationships
- ✓ Progress Checklist
- ✓ Action Plan Worksheet

Head to [our website](#) to learn more.