Your Round Table

DATE

Part 1: Who I'm building toward. Take out your map from Chapter 8.

One situation I want to handle differently:

Someone I know and admire	What I've watched them do	Would I still want this if nobody saw it?

Part 2: Who gets my time.

Who gets my time	How often I see them	What can we talk honestly about?	How do we handle disagreement?	What I notice myself doing around them	What I bring to them

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Part 3: What's missing.

Some things to consider: someone I feel safe with, someone who'll give me a straight answer, someone handling well what I want to handle better, someone who believes differently, someone I have fun with, or something else. When I look at my people, does it feel like anything is missing right now? How would I describe it?

A person who drains me, and the simple limit I'll set:

The thing I'm currently going through that I'll tell one person:

One step I'll take toward what's missing this month:

When It's More Than a Book If you can't think of one person you could call when something is really wrong, start with a therapist or a group. That's exactly what they're for. If someone close to you is controlling, threatening, or hurting you, call the National Domestic Violence Hotline at 1-800-799-7233. It's for men too.