

“Be the Gift of It” Worksheet Example:

Trait: Betrayal

Definition: (betray) expose to danger by treacherously giving information to an enemy: treacherously reveal • be disloyal - not giving or showing firm and constant support or allegiance to a person or institution

1. Ask yourself: *What if I always used this trait? What would my life look like? How would things unfold?*


If I always betrayed others and selfishly pursued what I wanted, I might get immediate satisfaction, but it would cost me loving relationships, including loving and being proud of myself.

2. Consider the opposite: *What if I never used this trait?*

If I never betrayed others and adhered to spoken or unspoken agreements I made with them, I would be betraying myself. Agreements, relationships, goals, and I evolve over time.

3. Ask yourself: When might I have mis-used this trait in my relationship with myself?

I knew things didn't feel right and needed to change. I was looking to her to stick to the agreement instead of listening to myself, sensing what I wanted, and speaking up for myself, listening to her and renegotiating an agreement.

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4. Forgive yourself for when you misused the trait in your #1 most important relationship: your relationship with yourself.

I can gently breathe and forgive myself. I am human. I can see I thought I needed her, so I ignored behavior that didn't work for me to keep her happy and at my side. I forgot about my needs and the importance of speaking up for myself in a respectful and timely manner. I am a human who makes mistakes and continues to grow. She can be too, but that's up to her now. I can forgive myself.

5. Finally, ask yourself: What is the gift of this trait and how can I use it in my life today, especially in areas where I am looking to grow or facing personal challenges?

I can speak up for myself respectfully regarding this betrayal. I can stay true to myself and respect others, addressing my needs promptly and respectfully in all my relationships. It's work to maintain, but it's worth the benefits of staying true to myself and being honest in my relationships. It's also worth the effort to avoid the pain of self-betrayal and feeling betrayed by others.