

# Becoming You

*It's recommended to save this as a PDF prior to completing form fields*

Religious conditioning taught us to give an answer about what we believe, and that same conditioning shows up when we are going through a transition- feeling like you need to share or explain your personal development journey with everyone. But in reality, you don't owe anyone an explanation about your faith transition or your beliefs. That is just poor boundaries that religious conditioning taught you.

I created this document to give you space to organize and gather your thoughts, as well as layout the groundwork for yourself- alleviate feelings of anxiety or nervousness around the possibility of conversations you're not ready for and feel prepared and empowered with healthy boundaries.

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First let's get clear on WHO it is you feel the *most* apprehensive to talk about your deconstruction, faith/life transition; (family members, mentors, church community, friends, pastors, etc.) Who comes to mind?

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What makes you feel that way: Is it you don't know what to say or worried you'll say too much? Worried about what *they* might say or how they will react? Jot down your concerns:

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It's common to feel like you need to give an explanation, and it's also very common to feel like you need to protect other people and their feelings. (aka people pleasing)  
i.e. "It's going to make them sad if I tell them the truth." "They will be disappointed in me." "They are going to think I am backsliding." Etc.

On a scale from 1 to 5 how true is it that you feel obligated to protect others feelings? \_\_\_\_\_

Let's understand the root cause: Could it be fear of being misunderstood? Fear of rejection? Desire for approval? Not wanting to ruffle any feathers?

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Learn to tolerate discomfort. (As if going through transition wasn't uncomfortable enough, right?) Not everyone will agree, understand, or be pleased with your decisions. This does not diminish your worth!

Identify *your* reasons for not having to explain or defend yourself. Identifying these reasons helps clarify your values and self-respect.

What are your reasons for keeping boundaries: Could it be you are learning to value your privacy? You don't trust the confidentiality of who you speaking with? You're still figuring it out?

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Refraining and or choosing to have dialog encourages confidence in oneself and builds resilience and healthier interaction in various personal contexts.

To further help or give you a little confidence boost, here are some optional responses you can refer to:

1. Thank you for being concerned, I'm not ready to talk about that yet.
2. What I need from you is to trust me... Trust me that I am going to figure this out.
3. How you can support me is giving me space to figure this out, and being available to come to you if I have any questions or want to talk about it.
4. Thank you for asking, I don't have the words to describe where I am right now, but here is how you can help...

The point of these responses is to:

1. Protect you from feeling you need to explaining or yourself when you're not ready to.
2. Letting the other person know how they can help, keeping them in their lane and you in yours.
3. It sets the expectation for that person in how they can show up for you during this time.
4. Gives you the sense that you are being supported during this period transition.

I always encourage dialog but sometimes dialog isn't always available! Context to conversations varies upon relationship to the person. Overall, trust your gut in how to respond if and when you feel ready!

\*If after completing this document and you think you could use some extra support, please feel free to schedule a 1:1 session to help you be more empowered on your journey!



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