



The LowDown podcast

Reflection Guide

Use this reflection guide in conjunction with The LowDown Podcast to further your personal growth. You can use it as an aid while listening or as a reflection tool after listening to corresponding episode. Submit a podcast idea here: sigmakappa.org/podcast/submit-a-podcast-idea/

06 | Maintaining Healthy Relationships with Elizabeth Hinkle

How does instant gratification play a role in your relationships with others?

How do you communicate about your desires, wants or expectations in relationships?

What needs do you need met through relationships?

Have you identified what your boundaries are? What are they?

How do you communicate about your boundaries in relationships? How or why is it more difficult than communicating your desires, wants or expectations?

If your boundaries are crossed? How have you sought support in the past? How would you seek support in the future if your boundaries were crossed?

No is a complete sentence.

Do you often utilize assertive practices like "I" statements? How could you improve?

How do fear and anxiety show up for you? How do they affect your relationships?

How do you currently practice self-care? What is something new you want to or need to start as you begin to or continue to practice self-care?

What is one thing you need to start doing to have healthier relationships? What is one thing you need to stop doing to have healthier relationships?