



## Exercise: Opening Yourself up to Receive

Read the following questions and answer as honestly as you can. Your answers to these questions will provide great insight into your past, current and future relationships.

How comfortable have I been receiving from men in the past?

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What's my pattern around being receptive with men in relationships?

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How do I respond when a man does something nice for me? Do I react positively or do I think he has a hidden agenda?

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Thinking about the previous question, how do you think that response is received by the man? How does it make him feel?

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## Examples to Practice Receiving

Look over the list below and practice some of the items from each list.

### **Receiving Self Care**

- \_\_\_\_\_ Drink plenty of water
- \_\_\_\_\_ Get plenty of sleep
- \_\_\_\_\_ Meditate for 15 minutes
- \_\_\_\_\_ Go to yoga
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Get a mani/pedi
- \_\_\_\_\_ Get a massage

### **Receiving from men**

- \_\_\_\_\_ Allow a man to open or hold a door for you
- \_\_\_\_\_ Ask a man for help at the grocery store
- \_\_\_\_\_ Let a man ask you out
- \_\_\_\_\_ Let him take you out and pay the bill (without reaching for your purse)
- \_\_\_\_\_ Let a man know what he can do to help you
- \_\_\_\_\_ Ask a man to help you fix something

### **Receiving from others**

- \_\_\_\_\_ Say thank you to a compliment without downplaying it.
- \_\_\_\_\_ Ask for a ride to the airport
- \_\_\_\_\_ Ask for help from someone at the grocery store
- \_\_\_\_\_ Ask to borrow something
- \_\_\_\_\_ Ask a favor



How do you feel thinking about being more receptive?

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In what ways would you like to become more receptive in relationships?

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