

Practice Corner Workbook

Exercises to Stop Disappearing in Relationship and Come Back to Yourself

This workbook is your gentle space to return to yourself. Each page invites you to notice where you have been shrinking inside your relationship and to practice new, kinder ways of showing up. Move slowly, breathe often and let your pace be enough.

How to use this workbook

You do not need to complete everything at once. Choose one or two exercises to begin with and revisit them as your life allows. Use a pen that feels good in your hand, mark pages, highlight realisations and write in the margins. This is not a test. It is a record of you coming back to yourself.

You are allowed to take up space here.

Exercise One: Daily Micro Check-In

Gently reversing automatic self-silencing

This practice helps you rebuild the basic connection between your inner experience and your awareness. Rather than rushing past your feelings, you will pause to notice what your body and emotions are trying to tell you.

For the next week, take a short pause once or twice a day. Use this page to capture what you discover about your inner world.

Day	Body sensations	Emotions	Need in the next hour	Check
Day 1				■
Day 2				■
Day 3				■
Day 4				■
Day 5				■
Day 6				■
Day 7				■

After filling in a row, place a small dot next to the check box when you take one tiny step that honours what you noticed.

If strong feelings arise, pause and place your hand on your heart. Remind yourself that every word you write here is an act of returning home to yourself.

Exercise Three: Mapping Your Relational Load

Seeing the work you carry for this relationship

Relational load is the ongoing emotional and mental work you do to keep your relationship and shared life running. Many women only realise how much they carry when they see it written down. This exercise helps you put that invisible work on paper.

Begin with what is obvious, then slowly add the tasks that live only in your mind. There is no right way to do this. Your only job is to be honest.

Visible tasks in our shared life:

Task	Who usually does it	How often	How I feel about this task

Invisible tasks and emotional labour:

Invisible task or worry	Who benefits most	What it costs me	Ready to share or change

Once you have filled this in, circle three items you most want to talk about or change in the near future.

Exercise Four: Re-Entering Your Own Body

Designing a gentle embodiment practice

Disappearing in relationship often comes with disappearing from your own body. A simple daily embodiment practice helps you remember that you live in a body that belongs to you, not just in other people's moods and needs.

Use this page to choose one gentle practice you can realistically keep for the next two weeks. Let it be simple and kind rather than impressive.

Practice idea	When will I do it	Where will I do it	What I want to feel during this practice

Two week practice tracker:

Day	Did I show up	One word about how it felt
Day 1	■	
Day 2	■	
Day 3	■	
Day 4	■	
Day 5	■	
Day 6	■	
Day 7	■	
Day 8	■	
Day 9	■	
Day 10	■	
Day 11	■	
Day 12	■	
Day 13	■	
Day 14	■	

Exercise Five: Preparing the Emotional Labour Conversation

Planning what you want to say and what you need

When you have spent years carrying more than your share of emotional labour, it can feel daunting to talk about it. This page helps you clarify what you want to express before you sit down with your partner.

Use the prompts below as a gentle script. You can write in full sentences or fragments. The goal is clarity, not perfection.

When I look at our shared life, what I notice myself carrying most often is:

The impact this has on me emotionally and physically is:

The story I have been telling myself about why I must keep carrying this alone is:

What I would love us to try instead is:

Exercise Six: Boundaries as Loving Edges

Designing words that protect your energy

Boundaries do not push love away. They make real love possible. This exercise helps you turn vague wishes into clear, kind sentences you can actually say when it matters.

Begin with one area where you often override your limits. Then craft one simple sentence you can try next time.

Situation where I disappear	What my body feels	Boundary sentence I want to try

After you try a new boundary, return here and write how it went and how you felt afterward. Every attempt counts.

Exercise Seven: Re-Building a Life Outside the Couple

Remembering that you are more than this relationship

You are a full person, not only a partner. When your world shrinks to the size of your relationship, it becomes much easier to disappear inside it. This page supports you in reclaiming connection and joy outside the couple.

Begin with one person and one activity. Let them be small and real rather than ideal.

People I want to reconnect with:

Name	How I feel with this person	First tiny step to reach out	By when

Activities that belong only to me:

Activity	How often I want to do it	What it gives me	First small step

Closing Reflection: Meeting Yourself Again

Take a slow breath and look back at the pages you have touched. Notice what has changed inside you, even if the relationship around you looks the same. You have written, mapped, planned and imagined a life where you no longer have to disappear to be loved. That matters more than you know.

Three things I am proud of in myself right now:

You are allowed to take up space in your relationship and in your own life. This workbook will be here whenever you need to remember that.