

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #3 SPACE – Week 3**

#### **S.O.R.T.E.D.™ - Relationships**

The **R** in **S.O.R.T.E.D.™** stands for **Relationships**. In Secret #2 you had the chance to consider the impact of the people around you who are potentially toxic in energy. And to really think about whether they are the sorts of people you want to have in your life. Whether they are the kind of people that you feel energised by or drained after seeing.

You might have heard the phrase that friends often stay with you for 'a reason, a season or for life'. Over my lifetime, many friends have come and gone. Some who were not surprisingly around for just a season, and when the friendship came to a natural conclusion it didn't really have an emotional impact as it was almost anticipated. But others whom I honestly thought might be there for life, but then it became apparent that wasn't meant to be.

I recall when this first happened around the time of University, and the tell-tale sign that would alert me to the fact that someone was ready to move on and away from me emotionally, was when they didn't send me a birthday card.

I remember the first time this happened, contacting this particular friend and having a conversation with them about how important it was for us to stay in touch and that we should always remember each other's birthdays.

I also remember being quite upset at the time, because the lack of a birthday card had presumably been a deliberate and conscious choice on their part – and that hurt.

Particularly because there was no explanation, or communication on their part. I was left to work it out for myself.

My first reaction was to carry on regardless for a couple of years and just continue sending them a birthday card, even though they never returned the sentiment.

And then I learned, and I grew wiser.

And what I realised, was that even though they didn't have the courage or feel able to tell me personally, they were just simply ready to let go of our friendship.

So rather than cling to it for dear life as I would a helium balloon to stop it from flying away, I learned to let the friendship go gracefully and with compassion.

So that they would always know they could fly back to me if they ever chose to.

You see sometimes it's just the right time to let people or relationships go.

And just because someone has done that with you, does not mean you are 'less than'. It just means that something has shifted for them energetically, and even though your relationship or friendship was right for them before – it's just not anymore.

It's ok to be sad about that and to own how you feel, and at the same time choose to let it go.

**Take some time right now to think about all the relationships and friendships you have had over your life-time.**

**Who was only there for you for just a reason or a season?**

---

---

**How did you respond to them when the relationship or friendship ended? Think about your external response (what you actually did or said out loud) to them as well as your internal response, and what you made it mean about you at the time. Write this down here;**

---

---

**With the benefit of hindsight, what other meaning *could* you give to the fact that they are no longer in your life (if you wanted to)?**

---

---

**And in the same way that your connections may reach a point of needing to let go of your relationship or friendship, are there any relationships or friendships you currently have that are hanging on by a thread, if only one of you had the courage, compassion and grace to reposition it?**

**It doesn't mean that it has to end completely, but be mindful of the fact that any relationships around you that are struggling are going to drain you energetically, and not support you in feeling good about**

**yourself - so is it time to take some gentle, conscious and clear action with those involved.**

**Who do you need to communicate with?**

---

---

**What is the best outcome achievable?**

---

---

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.

**This is your time now, and you matter.**