

MENTAL HEALTH WORKSHEET SERIES
VOLUME 4

soul
full *steps*

Questions to Unlock the Heart

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Thank you for honoring the work and the care behind it.

While it can be used as a tool to supplement an existing therapeutic relationship with a licensed mental health professional (LMHC, LCSW, LMFT, LPC, or a Licensed Psychologist), this resource should NOT be used as a substitute for therapy.

If you find that this resource brings up feelings and thoughts that are challenging to deal with on your own or with a trusted person, I encourage you to seek therapy to continue your healing journey.

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INTRODUCTION

VOL. 4

Relationships (family, romantic, friendship) thrive when we move beyond assumptions and pay careful attention—to both the other person and ourselves. This guide is designed to help you slow down, reflect, and gain clarity about the intentions behind actions, words, and your own feelings. By exploring these questions, you'll be better equipped to assess alignment, recognize patterns, and identify what truly matters to you. Use them as a tool for mindful observation, honest self-reflection, and conscious decision-making and conversation in your relationships.



Soulfull Note to Self:

Getting to the heart of the matter helps us to make meaning of our lived experiences.

Flip through the following pages to help you establish genuine intentions in your relationships.

Questions to Check-in with Yourself

VOL. 4

What does my gut say about this person when I am not trying to rationalize?

Am I feeling peace or anxiety after interactions with them?

Have I caught myself justifying red flags?

Am I more in love with their potential or with their patterns?

What does my wise, future self (say 5 years from now) want me to notice about this?

What do I truly want out of a relationship right now? Connection, companionship, marriage, healing, something else?

Am I hoping to be chosen, or am I consciously choosing?

In what ways do I feel I may be compromising my values for the sake of connection?

Am I loving from a place of fullness or hoping to be filled?

If I believed I was already enough, how would my standards shift?

Questions to Help You Clarify Your Perception of Others

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When I listen to their words and observe their actions, do they match consistently?

What do they prioritize when making decisions that affect me or the relationship?

How do they respond when I set a boundary or express a need?

When they make promises, what is their track record for following through?

Have I seen them show care or integrity when there's nothing for them to gain?

When conflict or disappointment arises, how do they behave?

If I were no longer able to offer them anything emotionally, physically, socially would their behavior toward me change?

What seems to matter more to them: connection, control, validation, or partnership?

notes

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A series of 18 horizontal dotted lines, evenly spaced, spanning the width of the page, intended for handwritten notes.

About THE CREATOR

I'm a Midwestern girl raised in a home adorned in Black art, music, literature, and culture. From Faith Ringgold on the walls, to Toni Morrison on the shelves, and old-school R&B spinning through the house, my upbringing instilled a deep pride in my heritage, and a love for storytelling, creativity, and community that still guides me today.



My academic path took a few turns—Nursing, and then Psychology at Fisk University, a master's in Sociology, and ultimately a second master's in Counselor Education—each step clarifying my calling to become a therapist. Through personal experiences, faith, and growth, I felt led toward soul-centered, culturally grounded mental health work.

When I'm not in session, I'm creating, coloring, crocheting, listening to music, podcasts or audiobooks, or watching historical and sociocultural documentaries and classic Black sitcoms. I'm a proud member of Zeta Phi Beta Sorority, Inc., a wife to my best friend, a mama to one radiant daughter, a dog mom, and a caregiver in the sandwich generation—held up by strong women, deep friendships, and a whole lot of love.