

POTENTIAL AREAS FOR SELF-CARE CONTRACTS

I. Emotional Health

- a. Depression
- b. Fears and phobias
- c. Anxiety
- d. Unresolved grief
- e. Unresolved Childhood Issues
- f. Getting emotional needs met

II. Physical health

- a. Proper sleep
- b. Healthy food
- c. Sexual fulfillment
- d. Exercise
- e. Physical nurturing
- f. Preventing or healing illness

III. Spiritual Health

- a. Meditation/prayer
- b. Quiet time

IV. Financial health

- a. Attracting prosperity
- b. Asking for what I need
- c. Placing value on my skills
- d. Making clear financial agreements

V. Integrity issues

- a. Keeping agreements
 - i. Being on time
 - ii. Making clear agreements
 - iii. Keeping financial agreements
 - iv. Not making agreements you can't keep (people-pleasing)
 - v. Completing what you've intended to complete
 - vi. Showing up fully participating

- b. Honesty/telling the truth
 - i. Patterns of concealing, denial, omission
 - ii. Patterns of adapting to please others

- c. Boundaries
 - i. Invading others' boundaries
 - 1. Rescuing/caretaking
 - 2. Offering unwanted help or advice
 - 3. Uninvited touching or sexual advances
 - ii. Not confronting people who invade your boundaries

- a. Substances
 - i. Alcohol, drugs, food, caffeine, tobacco, sugar, pot

- b. Behaviors
 - i. Work, sex, spending, gambling, exercising, media

- c. Relationships
 - i. Co-dependency, co-sex or romance addict
 - ii. Victim/rescuer/persecutor

VII. Relationships

- a. Fear of commitment
- b. Fear of intimacy
- c. Fear of abandonment
- d. Enmeshment
- e. Boundary issues
- f. Attracting staying with unfulfilling relationships
- g. Victim/rescuer/persecutor

VIII. Balance

- a. Adult/child/parent
- b. Work/play
- c. Giving/receiving
- d. Social life/alone time

IX. Authority conflicts

- a. Traffic tickets
- b. Battles with "the system"
- c. Not keeping commitments

X. Self-sabotage