

R.E.A.L Goals: End a Relationship That Drains You

(Realistic, Easy, Attainable, Life Goals)

Example: I will step away from one draining relationship or commitment for a month. I will evaluate what needs to change in order to invite this person or commitment back into my life or step away for good.

Benefits:

- Restoration to your best self
- Stress reduction
- Personal growth
- Time for things
- that can bring you joy or pleasure

Things to consider:

What is the purpose of this relationship or commitment?

- How do you feel after spending time with this person or commitment? Are you energized or emotionally drained?
- Is the relationship mutually beneficial? If not, are you content with the status quo?

Can you realistically step away for 30 days? If not, what can you do to lessen the impact?

- Recognize what is in your control and what is not. If you want different, the change starts with you.

Reassess what is keeping this relationship or commitment a part of your life. What realistic steps would be needed to make a change for good?

- Recognize that often, time commitments have limitations. There is a difference between making excuses for not honoring a commitment you've made and knowing that something just isn't working despite your best efforts.
- Be true to yourself. Be clear and honest with yourself about what you truly want.
- Get to know yourself better and examine what you really want from life.

Prioritize self-care:

- Talk to a supportive friend, a family member, or a therapist about how you feel, and let them be there for you in your time of need. Be intentional. It can take time to process any change, but be mindful of ruminating and getting stuck in the same narrative without movement one way or another.
- Sleep, nutrition, exercise, downtime, journaling, meditation, etc.
- Schedule something just for you each day; even five to ten minutes can make a difference.
- By choosing to make a conscious decision to step away from things, people, and places that don't serve you, that don't bring you joy, and that don't contribute to your own personal peace, you're choosing yourself. You need to make yourself a priority.

Learn to say no:

- Just because someone asks does not mean you lose your power to say no.
- Keep your response simple. If you want to say no, be firm and direct. Use phrases such as "Thanks for coming to me; I'm afraid it's not convenient right now" or "I'm sorry I can't help this evening." Try to be strong in your body language, and don't over-apologize. Remember, you're not asking permission to say no.
- Boundaries are important and healthy. They allow us to balance our needs with the needs of others.

Check out the resources listed below to learn more:

- YouTube - [The Power of Walking Away - How to Regain Control of Your Life](#)
- Psychology Today - [Tired of Being Tired? – Stop Your Energy Drains](#)
- Psychology Today - [Seven Signs That You'd Be Better Off Ending a Relationship](#)
- Psychology Today – [Five Bad Ways and Five Good Ways to End a Relationship](#)

Explore more [Real Goals and Supplemental Resources](#)

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