

# 21 Discussion Questions For:

## At the end of the Day, *It's Me:*

### Overcoming the Addiction to Toxic Relationships

**Use these questions to help guide discussions through each chapter. You can also use as journal prompts.**

#### Chapter 1: Don't Judge Me Heaux (My Truth)

1.) What is your relationship story?

2.) What are some ways you judged yourself through your story?

3.) What needs to change in order to embrace your relationship story?

## Chapter 2: ~~Single~~ Mother

1.) Regardless if you are a mother or not, how do you view motherhood?



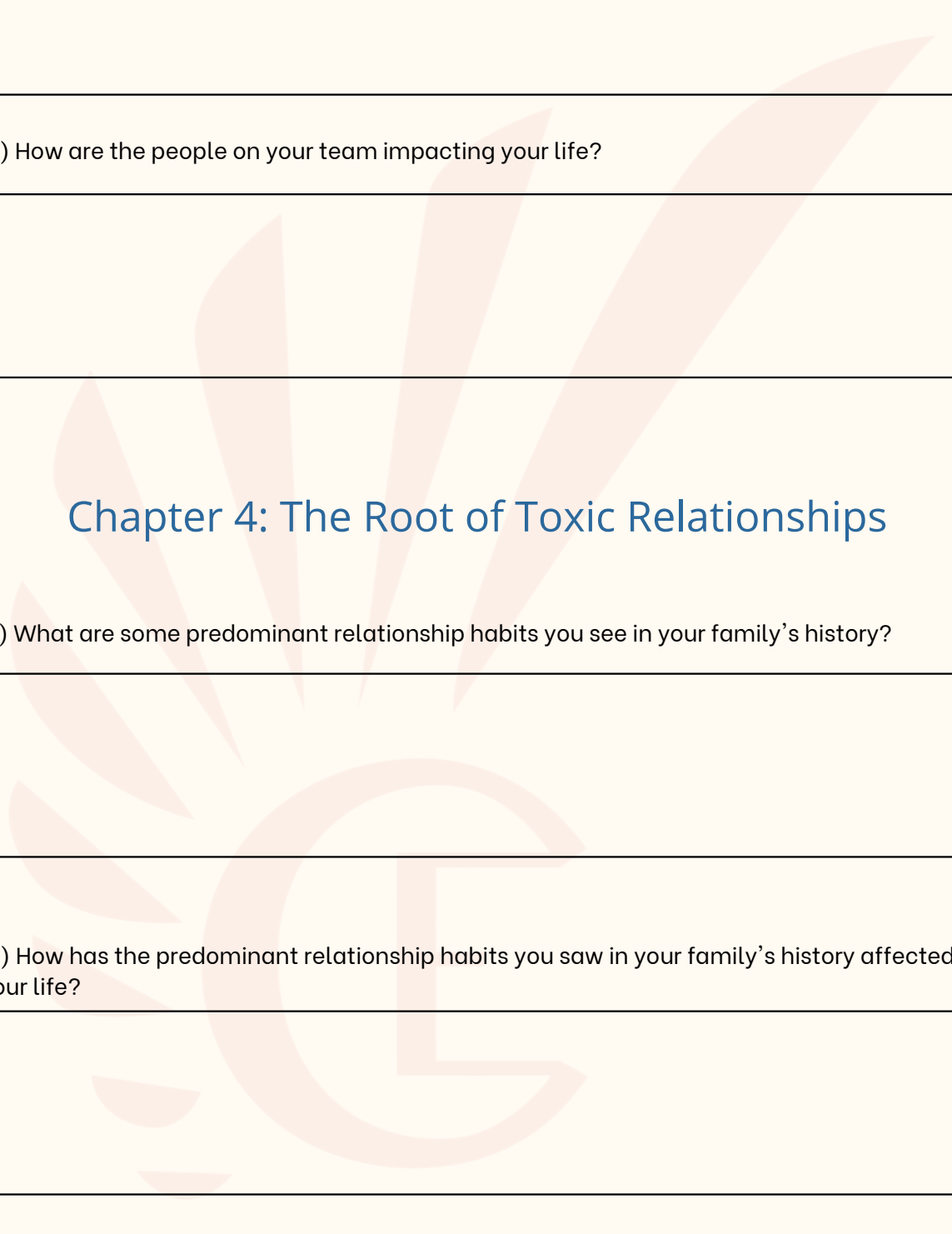
2.) How has the relationship with your mother impacted your life?

3.) How has the relationship with your father impacted your life?

## Chapter 3: It's Me

1.) What would your life look like if you decided to love yourself a little more each day?

2.) What is your reality telling you about your predominant thoughts?



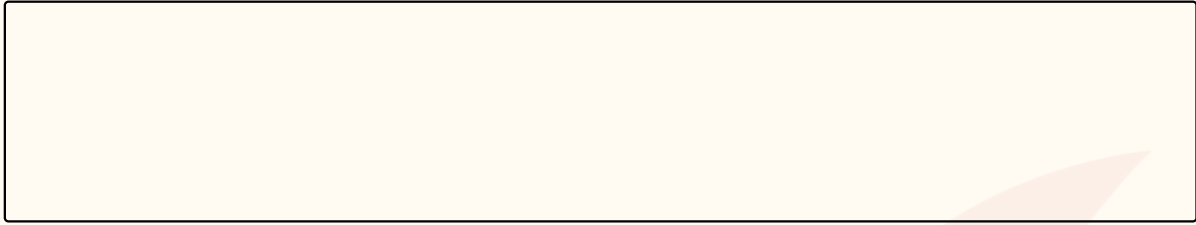
3.) How are the people on your team impacting your life?

## Chapter 4: The Root of Toxic Relationships

1.) What are some predominant relationship habits you see in your family's history?

2.) How has the predominant relationship habits you saw in your family's history affected your life?

3.) What legacy do you want to leave behind for your family?



## Chapter 5: Overcoming the Addiction

2.) When was a time in your relationship history where your heart and mind were not on the same page?



3.) Who in your life supports you as your best self?



3.) How do you incorporate inner child work into your lifestyle?



## Chapter 6: Optimistic Outcomes

1.) How can you maintain healthy boundaries for yourself?



2.) What are three toxic habits you can replace with healthy ones?

3.) What are some lessons you learned from your dating history?

## Chapter 7: Self-love Meditation

1.) List all of the things you forgive yourself for from your past?

2.) What self-love practice do you incorporate in your lifestyle?



3.) Write a self-love letter to yourself

