

Interpersonal Myths

Name: _____ Date: _____

This worksheet helps you identify unhelpful beliefs that undermine effective communication. Integrating nature-based mindfulness supports clearer, more grounded perspectives.

Step 1. Identify the Situation

Briefly describe the interaction where a limiting belief shows up.

Nature pause

Notice one natural element around you. Let it steady your attention before examining the belief. Allow the natural element to bring you into the present moment. Observe it and describe it until you leave thinking mode and enter sensing mode.

Step 2. Name the Interpersonal Myth

Common myths include:

- If I say no, they will leave me
- My needs are a burden
- Conflict means the relationship is failing
- I must keep others happy
- Asking for help is weakness

Your myth:

Step 3. Check the Facts

What evidence supports this belief?

What evidence contradicts it?

Where did this belief come from (past experiences, fear, habit)?

Nature reflection

Beliefs can be like mirages in the desert. They look solid until you step a little closer and see what is actually there.

Step 4. Replace the Myth with a Grounded Truth

Write a more accurate, balanced belief.

Examples:

- Saying no protects my energy and honesty
- My needs matter
- Healthy relationships can handle disagreement

Your grounded truth:

Step 5. Nature-Based Support

Choose one grounding practice to help reinforce the new belief.

Examples:

- Touching a grounding object
- Taking a brief walk
- Observing a tree or plant as a symbol of steadiness
- Breathing with attention to natural rhythm

Your chosen support:

Step 6. One Small Action

Identify one action you can take in your next interaction that aligns with the grounded truth.

Reflection

What shifted in your thinking when you challenged the myth?
