



# CRYSTAL RA LAKSMI-DITTON

New Time  
Coach



## Today's tasks about secret relationship with yourself;

- When have you been in a secret relationship with yourself? Was it full of pains or pleasures for you?
- Where in your relationships do you feel that you are not enough or need to do something in order to be liked?
- How is it with your 4E system - self value, self image, self confidence and setting boundaries? Which one of these need more attention and changes?
- How is your relationship with your Inner Family - Inner Child, Inner Woman and Inner Man? Do you take care of them well? If not, why not?
- Are you happy with your body? Are your loved ones happy with your body?
- What are your favorite colors? How do you express it in your life?
- What do you wish to have in your relationships?
- Who is a happy man, happy woman for you? What is a happy relationship for you like?
- Where you do not feel like being 100% yourself? Why not? What is stopping you?
- What is your mission and vision in your relationships?
- When you are in the relationship and you have issues with freedom and your legs, are you ready to stand face to face with your truth and face the changes?
- Who are in your support system? Would you be able to ask for help if you would need to?
- Would you dare to be radically honest with yourself? if not why not? While being radically honest can you be kind and respectful while expressing it to others?

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