

THE CONSCIOUS CONTRACT

I will break the subconscious contract with my parents by committing to the following guidelines within our relationship:

1. I will acknowledge that I have been a full participant in this contract.
2. I will set boundaries in my relationships.
3. I will recognize that my feelings matter just as much as everyone else's.
4. I will put my needs first.
5. I will say no to others if I feel my needs are being compromised.
6. I will relinquish my role as "the golden child."
7. I will allow my imperfections and vulnerabilities to be seen.
8. I will ask for help and emotional support when I need it.
9. I will understand that it may take time for my parents to adjust to this transition.
10. I will change, even if my parents do not.

(Print Name)

(Signature)

(Date)