MISTAKES WERE MADE

Relationship Anarchy Process Book

by Annie Undone

@Annie_Undone

MY RELATIONSHIP ANARCHY PHILOSOPHY

I talk a lot about my philosophy around relationship anarchy (I even published an entire workshop about it!), and as far as I am concerned, Relationship Anarchy a living and breathing thing. While I think that sometimes definitions can be helpful, they can also be confusing, so if there is something in my definition that you want to expand upon, or something that doesn't resonate at all for you, I want you to (conceptually) make room for that. Relationship anarchy is a highly individualized practice. But what is at the heart of it?

For me, the heart of relationship anarchy boils down to tailor made relationships for the individuals that are in them.

The emphasis is on deconstruction, specifically around mononormativity and heteronormativity.

MY RELATIONSHIP ANARCHY PHILOSOPHY

Relationship anarchy is a philosophy, not a style, and so it can underpin, or be the foundation for, many different types of relationship set ups, monogamous or non-monogamous.

Because not everyone wants the same things, there must be room for individuals to practice in any way that collaboratively suits them and their partner(s).

This can look so many beautiful ways, and yes, my definition is short but don't let the simplicity of it fool you into believing it isn't deep.

The simplicity holds a depth and once you begin your dive, it is hard to touch the bottom. Relationship anarchy is the deconstruction gift that just keeps on giving.

There are endless layers in my experience.

WHAT IT IS NOT:

I don't love defining things by what they are not, but in the case of relationship anarchy, I think it's helpful.

It is not chaos.

It is not autonomy run rampant.

It is NOT someone unilaterally telling you, "you need to accept xyz from me."

I believe it is important to note that anyone justifying bad behavior (like not disclosing sexual partners, being emotionally unavailable, etc.) and using relationship anarchy to do that is hiding behind a label and that is not good behavior.

They are also misusing the term itself.

WHAT ABOUT THE POLITICAL ASPECTS OF RELATIONSHIP ANARCHY?

People have sometimes accused me of not emphasizing the political aspects of relationship anarchy enough because I lead with my definition of tailor made relationships with an emphasis on deconstruction. I want to talk about this because I think that people enter RA at various points in their political journeys.

First of all, I don't believe you have to be a political anarchist in order practice relational anarchy or hold it as your philosophy. The anarchy space is about not conforming and crafting unique systems that are for the people in them. It is not a homogenous space, politically speaking.

So there is not actually a prevailing political theory. It is made up of ALL kinds of liberally leaning people of many varieties.

WHAT ABOUT THE POLITICAL ASPECTS OF RELATIONSHIP ANARCHY?

I also believe that the act of deconstructing compulsory relationship systems—like monogamy itself, and the ideas of heteronormativity and mononormativity (whether you are practicing non-monogamy or not)—IS political.

I will further say that as a nonbinary femme presenting queer human, my existence and my pleasure also feel inherently political.

My belief is that even if you enter relationship anarchy feeling "less" politicized on the personal level that this work will call you to see the politics of pleasure, white supremacy, desirability, and other marginalities that perhaps you didn't see before. And to my way of thinking, this is ALSO part of the work.

The more I have deconstructed simple concepts, like time entitlements, or living arrangements, the more political these concepts have become for me.

WHAT ABOUT THE POLITICAL ASPECTS OF RELATIONSHIP ANARCHY?

I also believe that as a white person, I like to invite white people to examine their lens. If you, as a white person, have ever thought "that's not political," perhaps that is more a perspective of privilege than fact.

If you are coming to relationship anarchy from non monogamy or polyamory, and have become familiar with concepts like couples' privilege, then you know that we carry privilege, and it must be deconstructed if we are to broaden our ability to practice in ways that lessen harm.

OTHER ITEMS YOU MIGHT BE INTERESTED IN FROM ME:

- WTF is Relationship Anarchy? (Workshop)
- Relationship Escalator Workshop
- Free talk on Relationship Anarchy
- Peer Support / Patreon

SO LET ME BE REAL

You will make mistakes in ANY relationship style, set up, or medium: romantic, platonic, or familial. For me, the deconstruction element in relationship anarchy sometimes gets me tangled up as an autistic, PTSD-having, recovering codependent and people pleaser. Which, let's be honest, most of us have some kind of relationship trauma and we struggle in general. Perhaps that is even part of the reason you have answered the call of relationship anarchy in the first place.

Whoever you are, wherever you are in your relational journey, I want you to know:

I believe in making mistakes.

I believe in the mess.

And I believe in normalizing these mistakes because when we make them and share them we feel less stigma.

This workbook outlines some of my mistakes and what I learned from them. It will offer you a chance to see yourself reflected, to perhaps understand the perspective of a partner, and to think about your own mistakes in a way that (hopefully) minimizes shame and allows for good reflection. There is no "right" way to use this workbook. You can use it to read through, to journal in, to read with someone else, or for kindling for your fire. The choice is yours.

OTHER RESOURCES:

If you are looking for other resources on relationship anarchy in general, some of my favorites are:

- The Relationship Anarchy Manifesto by Andee Nordgren
- Relationship Anarchy: Occupy Intimacy! By Juan-Carlos Pérez-Cortés
- Expansive Love by Tuck Malloy
- Radical Relating by Mel Cassidy

Okay, now that we have gotten all of that out of the way, take a deep breath and get ready to enter the fuck up zone with me. Here is Annie's Big, Mistakey RA Mistake Guide.

MY THREE BIGGEST MISTAKES IN RA

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

TRYING TO BE EQUAL ACROSS ALL MY RELATIONSHIPS

USING "TAILOR MADE" AS AN EXCUSE TO HANG ONTO BAD OR SOURED RELATIONSHIPS

I am going to break each of these down, and then offer you what I learned, as well as some prompts for how you can reflect. But this whole workbook is also an invitation for you to think about what YOUR biggest mistakes have been so that you can have a more informed, more intentional practice with your people.

MISTAKE #1

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

For me, the big theme here is TIME. I struggle to deconstruct TIME and how much of it I get with my partner(s). I call the concept "time entitlements" because in the past I have felt entitled to my partner's free time. I believe that this comes from the mononormative notion of my partner's free time being "couple" time.

When I am insecure, my default thinking says, "the amount of time my partner wants to spend with me is directly correlated to how much they love me." Deconstructing this has been big for me, emotionally (and one I am continuing to do, even now). On top of this, especially with men, I am an anxious attacher, and I struggle hard with emotional permanence. For me, when I am not with someone, I sometimes feel like I don't exist to them, and this is really difficult for me in my anxious attachment.

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

Part of my relationship anarchy is wanting to center myself more in relationships. I want to foster more independence and work on my time entitlements. My relationship with CJ has been a good place to do that, and I am proud of the work I have done. I have a life that is my own and INCLUDES my partner, without feeling like I need to be with them all the time. But as things do, this one came back around for me, and I was recently struggling.

CJ and I were spending less time together and my need for time just wasn't being met. It was below what I desired and needed this particular relationship/style, overall. In a session with my therapist, I found myself saying "I have deconstructed so much, but there IS a bare minimum here."

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

And that was when it hit me: shrinking my needs isn't the same as deconstructing my relationship to time entitlements. I still have wants and desire, and I need to be honest about that.

Here is what I learned:

LESSON 1:

There ARE limits to how much you want to give on things and how much you CAN deconstruct in a given moment

LESSON 2:

Being a relationship anarchist doesn't mean constricting or shrinking your needs or desires so that someone else's needs or desires take precedent.

LESSON 3:

Two things can be true at once

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

LESSON 1: There ARE limits to how much you want to give on things and how much you CAN deconstruct in a given moment

There was a time when I could barely tolerate any distance of time between myself and my partners. That is embarrassing to admit, but it's true. I wanted to ALWAYS be connected: in person, on the phone, texting, etc. Sometimes this creeps back up for me, but it's much better than it was before.

As I recognize my progress, it is also okay for me to say, "hey I need to rest where I am. This is as much as I can do right now."

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

LESSON 1: There ARE limits to how much you want to give on things and how much you CAN deconstruct in a given moment

PROMPT:

Check your progress!! Think or write about how far you have come on the thing(s) that are hanging you up, like time entitlements.

What progress have you made? How does that feel for you?

Would you be comfortable saying, "I need to rest here" knowing that you have made this progress, or is there somewhere else you feel you need to go?

Be honest with yourself!!

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

LESSON 2: Being a relationship anarchist doesn't mean constricting or shrinking your needs or desires so that someone else's needs or desires take precedent.

Pretending that I didn't have a minimum need for time with my partner was not sustainable for me. It doesn't mean that the HAVE TO meet that need, but it doesn't mean that I need to honor the way I am feeling, and say something.

"Hey, I noticed that we haven't seen each other in ten days, and that feels like too long for me," is not a demand. Shrinking needs can also lead to resentment in the same way that meeting all of someone else's needs can also lead to resentment (more on this later).

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

LESSON 2: Being a relationship anarchist doesn't mean constricting or shrinking your needs or desires so that someone else's needs or desires take precedent.

PROMPT:

Ask Yourself: How am I honoring my needs?

If there is something that you feel you need, how might you acknowledge it, ask for it, and collaborate with your partner on it?

BELIEVING THAT I NEEDED TO KEEP DECONSTRUCTING INSTEAD OF SAYING, "HEY I AM AT THE LIMIT ON THIS."

LESSON 3: Two things can be true at once

Yes, it is true that the amount of time that my partner wants to spend with me is NOT a statement on their love for me. AND, I also have to be honest about what my anxious heart can handle, and when I need support in a relationship. Holding these nuanced concepts is possible, but I have to be transparent while advocating for myself.

PROMPT:

Ask Yourself: are there multiple truths here?

There are often are, and, if there are, can you name them?

MISTAKE #2

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

In my early Relationship Anarchy practice, I had two committed relationships, one was my queer platonic partner, Heidi, and one was my boyfriend, CJ. At the time, the two of them were living together and I was spending about the half month at their shared house. All three of us were committed to a non-hierarchical model of relationship anarchy. Our dynamics were very different.

Heidi and I had a very queer relationship, where she loved to be babied and I was very care oriented toward her, but we did not have a sexual or romantic relationship. CJ and I had a sexual and romantic relationship that looked a little traditional.

When we didn't live together and these dynamics were very separate, there was not a tendency toward comparison, however when they moved in together, the tension and direct comparisons began almost immediately.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

I began to feel torn between CJ and Heidi. There were times when they were jealous of one another, and times when Heidi made requests for me to do the exact same types of things that I was doing with CJ. When I am insecure, I tend to become afraid that people will be mad at me, and I shift into a very people pleasing place. Heidi was the more anxiously attached party in our relationship, while I was more avoidant. Idk if you have polyamorously noticed that your attachment style changes in different relationships, but mine does!

I was often scared of being accused of being avoidant in my relationship with Heidi, and we definitely had the anxious/avoidant loop going. My avoidant babes will relate when I say that I was in fear that no matter what I did, it would not be "enough," and this was very much at play in my dynamic with Heidi. Avoidance and people pleasing is a wild combination!

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

A lot of the things that she asked for weren't unreasonable, but they were new to our relationship, and in many cases the thought of doing them felt emotionally exhausting for me. But, from a very people pleasing place I made an effort to meet these requests without really questioning if that was right FOR ME.

It also felt like any time I met a new request for equality, a new one would be made, and sometimes when I waffled on negotiations, she would openly question whether I was deconstructed enough. This really reinforced my "no matter what I do, it is never enough for her." This perpetuated our cycle and it made it difficult for me to untangle my limits because I also wanted to live into my RA philosophies.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

What I didn't see through my fear was that I was being asked to meet not only the existing needs of the queer platonic relationship and agreements we had established, but to add a lot of the things that I was doing (romantically) with CJ.

For me, the queer platonic space was a very distinct niche, and I had felt like before they moved in together, I was able to meet those needs really well and adhered to our commitments. I enjoyed our relationship in that context. Instead of recognizing that I was at a limit with what I could offer, I kept trying to meet romantic AND queer platonic needs, thus trying to make these relationships equal.

I should have not self abandoned in an effort to preserve the relationship. Because that ALSO wasn't fair to Heidi.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

Previously, I had been a hinge in two romantic relationships, and I thought that this would be different, and easier because of the clear distinctions between the relationships. What I found was that my same patterns and pitfalls in hinging reemerged here.

When I look back, the people pleasing was actually selfish.

What I wanted was for no one to ever be disappointed, but in the end, EVERYONE was upset and disappointed. I didn't just want to say, "No, this doesn't feel good or authentic for me."

I was people pleasing from a scared place, not for altruistic reasons.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

It was really avoiding conflict, and in the end, that turned out to not be sustainable, as I became burned out, resentful and angry.

Here is what I learned:

LESSON 1:

Equality and Equity are not the same things.

LESSON 2:

People pleasing can lead to a lot of tension and conflict.

LESSON 3:

Hinging is not a romantic concept, especially when it comes to Relationship Anarchy:

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 1:
Equality and Equity are not the same things.

Equality is giving everyone the same things, and equity recognizes the uniqueness of each relationship and gives it what it needs. I knew this in the intellectual sense, but feeling into it in relationships is harder.

I was uncomfortable with asserting that I didn't want to provide equality. It's hard to tell someone you don't want to do something, especially if you think it will hurt their feelings, but it truly would have been better for me to lead from a more authentic and honest place. I thought that if I provided equality between the relationships, I would be off the hook and it would FEEL equitable, but that never happened because instead I ended up feeling exhausted, resentful, and more avoidant than ever.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 1:
Equality and Equity are not the same things.

If I had it to do over, I would have started by being more honest with myself in what I did and didn't desire, and lead from there. It's okay to tell your partners "I can't make this equal," and also remain curious about what they need. It doesn't mean you can offer it or fulfill it.

JOURNAL PROMPT:

At the time I wish I would have taken pen to paper and written out how these relationships were different for me, and what I loved about that. Considering how each relationship are unique and what the specific, unique agreements and rituals and connections are is SO helpful. It can also help you examine ways you DON'T want to create equality because it doesn't work FOR YOU.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 1:

Equality and Equity are not the same things.

PROMPT:

Ask yourself about what really feels good for you.

See where your points of negotiation lie, and where you might be bending a little too much in the other person's direction. I

If you are a people pleaser, ask yourself, "what do I fear will happen if I don't give this person what they want?"

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 2:

People pleasing can lead to a lot of tension and conflict.

One of the things that undermined my ability to be authentic and equitable was my need to people please and be liked. This was a barrier to me setting limits. I wound up doing things that did not feel authentic to me, and ultimately, I wasn't even considering myself. I am not saying this in a victim "oh poor me, I wasn't considering myself" type of way, I am saying this in a "I was martyring myself in a gross way." so that I could stay in these relationships. This came from a place of fear and insecurity.

This is a tendency I had in polyamorous relationships, and y'all, I literally had the naivest of notions that if I wasn't having sex with more than one partner, this would magically fade away. It won't. It didn't.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 2:
People pleasing can lead to a lot of tension and conflict.

I had to VERY MINDFULLY address my people pleasing tendencies. Spoiler: mine come from the trauma response of fawning, so this is work I needed to do (and continue to do) with a licensed therapist. It is also not a one time thing. It was something I need to continually work on, and that's totally okay.

PROMPT:

Ask yourself:

- Am I a people pleaser?
- If so, where does this come from?
- How does this tend to manifest for me in relationships?
- Is this something that I should address in therapy?

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 3:

Hinging is not a romantic concept, especially when it comes to Relationship Anarchy.

In romantic relationships I felt a lot of tension as a hinge, and the same was true here. I could do a whole dissertation on being a hinge because it is a position I have found myself in often, but there are so many skills ones needs when in more than one deeply committed relationship in terms of moving through them.

I have often found that when it comes to hinging, I have made repeated mistakes that makes both parties resentful of one another and ultimately, angry with me. Trying to give everyone the same things is DEFINITELY one of those things. My advice is to really hone your hinging skills.

TRYING TO BE EQUAL ACROSS ALL RELATIONSHIPS.

LESSON 3:

Hinging is not a romantic concept, especially when it comes to Relationship Anarchy.

Hinging an art unto itself, and takes a lot of mindfulness and honesty with the self. Good boundaries make good hinges!

PROMPT:

Questions to Ask yourself as a hinge:

- What do I actually want to give? (in any specific relationship)
- Is my desire to give those things outstripping my capacity?
- What time am I carving out for myself, apart from any relationships that I have?

Hint- if you are finding yourself without any personal time between all the relationships you have, I do think this is an internal red flag.

MISTAKE #3

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

I struggle to let relationships go. In bad relationships, I have run into points where I notice I am participating in patterns that are triggering things in me or the other person, but I, very stubbornly, want to stay in the relationship. This can be because the sex is great, or because there is longevity/history, or even that I simply really like a person. For me, when I am in a place of fear, I worry that there will never be another dynamic like this, or that I won't find chemistry like this again. Ending relationships brings up insecurity for me in a variety of ways. I have classically, mistakenly, felt better walking away when I have exhausted all options, and let the relationship get so bad that walking away is easy. I have de-escalated from romantic partners, to queerplatonic partners to friends in an effort to maintain relationships that should have been break ups.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

Going back again to my dynamic with Heidi, I loved her, and I wanted to hang onto the relationship even when I knew I didn't have the capacity to meet her desires or needs. I felt like, hey, we are relationship anarchists, so we can just re-work this relationship to be different, and that will help us to break these cycles and patterns. But that was never really true.

In transitioning from romantic/sexual partners to queer platonic partners to friends to eventually going no contact with one another, we kept trying to re-frame our relationship through an anarchist lens and reinvent it, when in reality, there is no structural cure for incompatibility and deep disagreement on key values. The things that triggered us in our relationship to one another remained no matter what the structure. It followed us from style to style, despite our best efforts to subvert it by changing the nature of the relationship.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

I hid behind relationship anarchy to justify her continued presence in my life (and I think she did too).

Here is what I learned:

LESSON 1:

Don't de-escalate the relationship in the hopes you will break bad/toxic cycles.

LESSON 2:

Sometimes changing the structure is just delaying the inevitable.

LESSON 3:

Being a relationship anarchist doesn't mean you have to keep someone in your life

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 1:

Don't de-escalate the relationship in the hopes you will break bad/toxic cycles.

No matter what we did structurally, Heidi always wanted more from the relationship than I did in terms of time, closeness, etc. If I were framing that from her perspective, she might say, "no matter how much I shrank my needs, Annie was unwilling to meet them." We both had similar gripes no matter the structure. Yes, there would be times—weeks or even months—where this argument didn't come up, but it always came back to this right up to the end.

If you re considering a de-escalation or structural change in a relationship that feels bad or has soured, think about what recurring problems this relationship has.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 1:

Don't de-escalate the relationship in the hopes you will break bad/toxic cycles.

Remember that there is a BIG difference between de-escalating a relationship in a way that has naturally occurred and de-escalation because the relationship isn't working. Honestly examine your motivations for de-escalation or structural changes.

PROMPT:

Ask yourself: what are my motivations for changing the structure?

What am I hoping will change as a result of the re-structuring or de-escalation? Is this realistic?

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 2:

Sometimes changing the structure is just delaying the inevitable.

I did this in various relationships and I have just learned that holding on is a whole thing for me. It is probably one of my bigger motivations for being a relationship anarchist...learning to honor my needs. Still, it's hard for me to end relationships even when that is whaT I need.

Sometimes I have taken this route of changing the relationship to have a reallllllly long goodbye because ending a relationship is a painful process. For me, this has very often lead to an increase in tension and AGAIN, this comes from a scared place in my attachment wounds and a people pleasing place. I fear being alone, I fear being disliked, I fear being the bad guy.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 2:

Sometimes changing the structure is just delaying the inevitable.

And I fear "not trying hard enough" in the relationship itself. So even though I have an inner knowing, I push it to the side in favor of "keep trying."

JOURNAL PROMPT:

What decision has your body made that your mind is still catching up to?

I sometimes ask people this in peer supports, and the looks on their faces always tell me there is a hard truth sitting in their bodies that they are pushing away. Examine this for yourself. Explore it. One thing I believe is helpful to keep in mind is that you can acknowledge it and it doesn't mean there is pressure to act on it. But give your intuition that voice.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 3:

Being a relationship anarchist doesn't mean you have to keep someone in your life

I also talk about this in polyamory, but it gets EVEN murkier in Relationship Anarchy in my experience because we are releasing so much of our attachment to the way things ought to be. We have creative solutions and many ways of doing relationships, but that doesn't mean it's appropriate or desirable 100% of the time. Yes, sometimes you genuinely like someone, but that STILL doesn't mean that they are a good, uplifting presence in your life.

It's taken me a lot of failed de-escalations to realize this.

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 3:

Being a relationship anarchist doesn't mean you have to keep someone in your life

I have had ONE truly successful de-escalation over the years, and it's a fairly distanced, although caring, relationship. This is in contrast to the nearly 5 attempts at de-escalation and changing the relationships I have made over the years.

Breaking up is a valid choice and sometimes you just need to move on! This can be REALLY hard to evaluate, which is why I did an entire workshop on this (with Leanne Yau). Breaking up doesn't mean that anyone is a "bad" person, it can just mean you aren't right for one another and you don't have to continue to share your life, your space, or even a friendship with that person. It doesn't make you a bad relationship anarchist. We have break ups too!!

USING "TAILOR MADE" RELATIONSHIPS AS AN EXCUSE TO HANG ON TO BAD OR SOURED RELATIONSHIPS

LESSON 3:

Being a relationship anarchist doesn't mean you have to keep someone in your life

PROMPT:

Ask yourself:

- Do I want to continue to do emotional work with this person? Does the thought of that feel motivating or exhausting?
- Would I feel relief is I were to just break up instead of continuing the relationship?

Be honest as you walk yourself through various outcomes.

FINAL THOUGHTS

I hope that by reading through some of my mistakes with prompts, journal ideas, and other questions that you can feel a little normalized in your own mistakes. Of course, your mistakes may be totally different than mine, as you are an individual whose relationships are unique and all your own. This IS the beauty of relationship anarchy.

Thank you for reading and supporting my work.
xx,

Annie Undone

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