

Self-Growth Exercise: Breaking Free from One-Sided Relationships

Your needs matter—and so does your heart

Introduction

Being in a one-sided relationship can feel like pouring your whole heart into a cup that never fills back up. You give attention, care, and energy, but receive little or nothing in return. Over time, this imbalance can leave you drained, questioning your worth, and feeling invisible—even when you're not alone.

This practice is here to help you reconnect with your value, strengthen your boundaries, and take small steps toward healthier, mutual connections.

Use it whenever you notice yourself thinking:

- “I’m always the one who cares more.”
- “If I stop trying, this relationship will disappear.”
- “Maybe I’m just asking for too much.”

All you need is a quiet space and the willingness to honor yourself.

Step 1 – Awareness: Naming the Reality

Goal: To clearly see and admit the imbalance.

- Write down:
 - How do I usually feel after interacting with this person? (energized, drained, ignored, seen?)
 - When was the last time they initiated care, support, or attention without me asking?
 - On a scale of 1–10, how balanced does this relationship feel?

Reflection: Awareness begins when we dare to look at the pattern honestly.

Step 2 – Strengthening Yourself: Building Inner Clarity

Goal: To prepare emotionally and mentally for change.

- Journal prompts:
 - What do I need from a relationship to feel valued? (e.g., respect, consistency, affection)
 - What do I give that I am not receiving back?
 - Imagine a relationship where care is mutual—what would that look like?
 - Write an affirmation: “*I am worthy of reciprocity and balance.*”

Reflection: Planning means reminding yourself you deserve more, not less.

Step 3 – Acting: Choosing Self-Respect in Practice

Goal: To put awareness and strength into action.

- Small steps to try:
 - Stop initiating for one week and notice if they step forward.
 - Express your needs clearly: “I need more support in this relationship.”
 - If the imbalance continues, ask yourself: *Do I want to keep investing in a one-way street?*
 - Choose an action that protects your energy—setting boundaries, reducing contact, or walking away.

Reflection: Action is not about punishing the other person—it’s about protecting your heart and making space for healthier connections.

Closing Thought

A balanced relationship feels like *walking side by side*. If you’re always running ahead or pulling someone along, it’s not balance—it’s burden. Keep this exercise nearby and revisit it whenever you feel yourself slipping into patterns of one-sided giving.

Final Reflection

“What changes when I stop pressuring myself and trust the process?”

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth truly matters.

Have a question or want to share your reflections with me? I’d love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

Want more free resources like this? Visit www.andressamartinspsychotherapy.com for tools to support your journey of emotional well-being and self-discovery.

Ready to take the next step and begin your healing process through therapy? You’re invited to **book a free introductory call** with me—no pressure, just a warm space to talk and connect.

With warmth,
Andressa