



## MANUALS: JOURNAL PROMPTS

### Recognizing the Manual

1. What are some unspoken expectations I have for someone in my life?
2. If I had to write down the “rules” I expect a loved one to follow, what would be in that list?
3. What do I believe someone should do in order to prove they love me?
4. When someone doesn’t follow my unspoken rules, how do I usually respond—emotionally or behaviorally?
5. Have I ever felt hurt or resentful, and only later realized it was because someone didn’t do what I expected without me ever telling them?

### Exploring the Impact

6. How have these manuals affected my relationships—positively or negatively?
7. What have I made it mean about me when someone doesn’t meet my expectations?
8. How do I act when I’m trying to control someone else’s behavior—even subtly?
9. How much of my emotional wellbeing do I feel is tied to someone else's actions or attitudes?

### Taking Back Ownership

10. What would it look like for me to take full responsibility for how I feel—no matter what someone else does or doesn’t do?
11. What’s one manual I’m willing to begin letting go of today? What small step can I take?
12. If I believed that my happiness was 100% my responsibility, how would I show up differently in my relationships?
13. How would I feel if I made a request of someone without expecting a certain response in return? What would be different for me?

### Living Without the Manual

14. How would it feel to let the people in my life be completely themselves?
15. What qualities in me would be strengthened by giving up control (e.g., trust, peace, patience)?
16. What is one relationship that might improve if I dropped the manual I have for them?
17. How can I learn to love more freely, without needing others to meet my expectations first?
18. How might God be inviting me to surrender control and trust Him more fully in this area?