THE PROGRAMME · 8 MODULES · 2 EXTRAS

Me (and You)

Your workbook

> You first, then the other person. Everything you draw, sort and decide lives here, so you can come back to it.

This workbook belongs to

I started on

HOW TO USE IT

- **Type or write.** Type into the boxes and save, or print it and use a pen.
- **One page per module.** Fill it in when you reach the worksheet at the end of that module.
- **Keep your drawing.** The Orientation drawing is the start. Every module adds to it.
- **This loops.** Come back to a page whenever the situation comes round again.

CONTENTS

Your workbook

Eight modules in order, then two optional extras for specific situations.

Orientation	The picture	10 min	3
Module 1	The Brain: where feelings are made	15 min	4
Module 2	The Circle: the edge	15 min	5
Module 3	Identity: what is in the circle	15 min	6
Module 4	The Car: what you control	15 min	7
Module 5	The Destination: where the car is going	15 min	8
Module 6	The Overlap: dealing with others, on purpose	20 min	9
Closing	Using the circle, and the ten rules	5 min	10
Module 7	Optional extra: Me (and my Children)	20 min	11
Module 8	Optional extra: When You Cannot Leave	15 min	12
Trackers	My circle, and my situation log	as you go	13

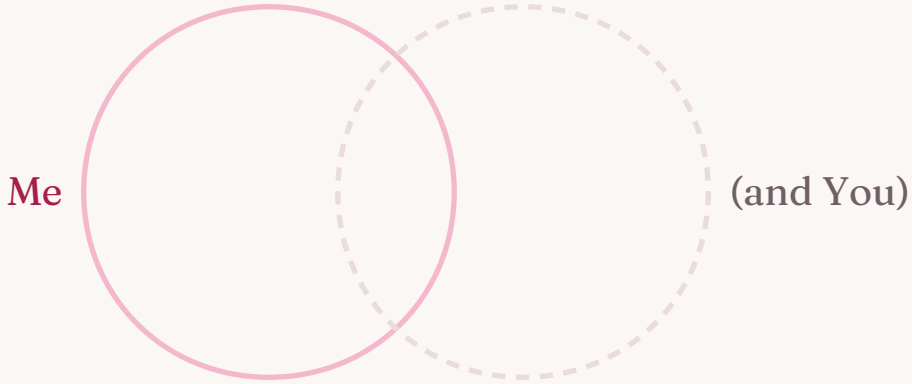
BEFORE YOU BEGIN

Score yourself at the start and at the end, so you can see the change. After each module, add a line to your My circle tracker at the back.

You need about ten minutes per module. Every tool runs on a real situation from your own life this week, never a hypothetical.

The first drawing

Your circle and theirs. Keep this page: every module adds to it.



WRITE 10 MIN

Mine: a feeling, a want, a decision I made today, a value, a thing I like.
Theirs: their feeling, their opinion of me, their choice, their reaction, their mood.

#	FIVE THINGS THAT ARE MINE	FIVE THINGS THAT ARE THEIRS
1		
2		
3		
4		
5		

The thing of theirs I have been carrying is

SCORE IT: AT THE START

How much of my circle feels like mine /10

0 means it all feels like theirs. 10 means it all feels like mine.

When you fold, push or leave, that move is yours, so you can make a different one.

The three-line read

One read a day for five days, on a moment when someone “made you feel” something.

#	WHAT HAPPENED (WHAT A CAMERA WOULD SEE)	WHAT MY BRAIN DECIDED IT MEANT	WHICH SYSTEM FIRED, AND WHAT IT WAS PROTECTING
1			
2			
3			
4			
5			

Day three: looking back, what keeps getting protected?

DONE IT TODAY ☐ First time ☐ Once more

UPDATE MY TRACKERS ☐ My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

The edge sort

Every “should” in this relationship, sorted into a column.

The relationship I am sorting

#	MINE TO DO	THEIRS TO DO	NOBODY'S
1			
2			
3			
4			
5			
6			
7			
8			

THIS WEEK

One thing of theirs I will stop doing

One thing of mine I will start doing

What my body did when I made each move

DONE IT TODAY ☐ First time ☐ Once more

UPDATE MY TRACKERS ☐ My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

Alone on the island

The wants that are yours before the overlaps are added back.

Alone on the island, with nobody to please or manage, I would want ...

The clothes test

Three rooms you will be in this week. If you chose on purpose, what would you wear, say and do?

#	THE ROOM	WEAR	SAY	DO
1				
2				
3				

One want I will say out loud this week

Who I will say it to

DONE IT TODAY ☐ First time ☐ Once more

UPDATE MY TRACKERS ☐ My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

Windscreen, mirror, other cars

One live situation. What is yours to steer, and what is not.

The situation

Windscreen: what I can actually do in the next seven days

Mirror: the one lesson from what is behind me

Other cars: what I have been trying to steer that is not mine

THE ENOUGH TEST

If they described my view accurately and still disagreed, would that be enough?

- [ ] Yes, that would be enough
- [ ] No, I want a verdict

My move:

- [ ] One clean offer of my view
- [ ] Stop, and find a witness elsewhere

What dropped in my body when I stopped campaigning

DONE IT TODAY [ ] First time [ ] Once more

UPDATE MY TRACKERS [ ] My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

MODULE 5 · THE DESTINATION

My three-month destination

Towards something, not just away from someone.

What I want in the next three months

What I need to get it

What is holding me back

My plan

THE THREE GATES

- [ ] It is plausible
- [ ] It is possible
- [ ] I want it

My first move (within 48 hours)

The date I will do it

DONE IT TODAY [ ] First time [ ] Once more

UPDATE MY TRACKERS [ ] My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

The overlap contract

For one real relationship: what you choose to share, and what stays yours.

The relationship

Inside the overlap: what I choose to share

time, money, the children, decisions, feelings

Outside the overlap: what stays mine

my friends, my body, my opinion, my no

THREE SENTENCES FOR THIS WEEK

Each one a description of me, never an instruction for them. “I am not discussing this tonight.”

1

2

3

The collapse my body offered when I said one:

- [ ] Fold
- [ ] Push
- [ ] Flight

After our last conflict, did anyone repair? If not, is that mine to start?

DONE IT TODAY

- [ ] First time
- [ ] Once more

UPDATE MY TRACKERS

- [ ] My circle (p. 13)

When you fold, push or leave, that move is yours, so you can make a different one.

My default, and the ten rules

Keep this page where you will see it.

MY DEFAULT COLLAPSE

The collapse my body reaches for first:

- [ ] Fold: go back to modules 2 and 6
- [ ] Push: go back to module 4
- [ ] Flight: go back to modules 5 and 6

My early warning sign, in my body

SCORE IT: NOW

How much of my circle feels like mine /10

	AT THE START	NOW	THE GAP
How much of my circle feels like mine			

THE TEN RULES OF THE CIRCLE

1. What I feel is mine. What you feel is yours.
2. Nobody makes anybody feel anything.
3. Their opinion of me lives in their circle. It is none of my business.
4. I am responsible for my whole circle and nothing outside it.
5. When I fold, push or leave, that move is mine.
6. Overlap is chosen or it is collapse.
7. A boundary is a description of where I end. It needs no permission.
8. I can understand you completely and still not agree. So can you.
9. I can explain once. I cannot make you understand.
10. I get to keep the shape of my circle in any room, in any clothes, in any car.

You are a circle. So is everyone else. Keep yours, and choose the overlap.

MODULE 7 · OPTIONAL EXTRA

The pen audit

Me (and my Children): what is yours, and what is theirs.

Optional extra: read it if it fits your life. It is not part of the main path.

#	CHILD	WHAT OF THEIRS HAVE I BEEN CARRYING?	WHAT OF MINE HAVE I BEEN HANDING THEM?	WHAT AM I SHOWING THEM ABOUT WHERE A PERSON ENDS?
1				
2				
3				

One thing I will hand back

One thing I will stop handing over

My own parents: who held the pen when my circle was drawn? What did they draw about where a person ends? Which of their lines am I still living inside?

That last question shows where your default collapse came from. Seeing it written down takes some of its force.

DONE IT TODAY ☐ First time ☐ Once more

When you fold, push or leave, that move is yours, so you can make a different one.

Kept somewhere else

When You Cannot Leave: this module's worksheet is deliberately not in this workbook.

Optional extra: read it if it fits your life. It is not part of the main path.

WHY THIS PAGE HAS NO BOXES

Module 8's record and plan should never sit in a file with your name on it, on a phone or computer someone else can open. They live in your private notes instead: a separate file with nothing on it that names this programme.

Module 8 on the site shows you how to set them up safely first: a new email account, a private window, and saving online rather than on the device.

IF YOU ARE NOT SAFE

If you are frightened of someone at home, or someone controls your money, your movements or your children, this programme can help you keep yourself, but it cannot get you out. Speak to the National Domestic Abuse Helpline (0808 2000 247, free, 24 hours) or, in immediate danger, call 999.

DONE IT TODAY ☐ First time ☐ Once more

When you fold, push or leave, that move is yours, so you can make a different one.

TRACKER · AFTER EVERY MODULE

My circle: how it's changing

After each module, add what you put back in your circle and what you handed back to them. Tap a module number to go to its page.

MODULE		PUT BACK IN MY CIRCLE	HANDED BACK TO THEM
1 go to module ☐ Reread	MY CIRCLE		
2 go to module ☐ Reread	MY CIRCLE		
3 go to module ☐ Reread	MY CIRCLE		
4 go to module ☐ Reread	MY CIRCLE		
5 go to module ☐ Reread	MY CIRCLE		
6 go to module ☐ Reread	MY CIRCLE		

SITUATION LOG · PAGE 1 OF 2

My situation log

This loops. Each time a situation comes round again, log it here: what happened, the collapse you spotted, the module you went back to, and the move you made.

#	DATE	THE SITUATION	COLLAPSE I SPOTTED	MODULE I USED	THE MOVE I MADE
1					
2					
3					
4					
5					
6					
7					

SITUATION LOG · PAGE 2 OF 2

My situation log continued

#	DATE	THE SITUATION	COLLAPSE I SPOTTED	MODULE I USED	THE MOVE I MADE
1					
2					
3					
4					
5					
6					
7					

KEEP GOING

This loops.

You will fold again, push again, want to run again. That is practice, not failure. Come back to the page that matches what is in front of you.

Want support with your circle?

Scan a code with your phone camera to message me. On screen, you can just tap it.

WHATSAPP
+44 7447 711751

EMAIL
hello@me-andyou.me

If you are frightened of someone at home, or someone controls your money, your movements or your children, this programme can help you keep yourself, but it cannot get you out. Speak to the National Domestic Abuse Helpline (0808 2000 247, free, 24 hours) or, in immediate danger, call 999.

This programme is educational and not a substitute for therapy, medical care or specialist domestic abuse support.