THE PERSON IN FRONT OF YOU. OR THE POSSIBILITY?

A relationship reality check with Charlie Puchala

Use these prompts to look at what you have observed, how you respond and what you want to practise. Make room for your own answers.

Editorial paraphrases and exercises based on the conversation, not guest quotations or a diagnostic assessment.

01 LOOK AT THE BEHAVIOUR, NOT JUST THE PROMISE.

Charlie describes the tension between loving someone and noticing that their behaviour does not match what you hoped for.

Try it: Write one thing you have actually observed. Beside it, write the change you are hoping for. Which column are you using to make your decision?

WHAT I HAVE OBSERVED	THE CHANGE I AM HOPING FOR

02 BE HONEST WITHOUT MAKING YOURSELF THE PROBLEM.

Charlie distinguishes noticing a behaviour she wants to change from attacking her own worth.

Try it: Name one response you want to handle differently. What tends to set it off, and what could you try instead?

MAKE ROOM FOR YOUR OWN ANSWERS.

03 AN APOLOGY NEEDS A NEXT STEP.

The conversation moves from acknowledging a short response to changing what happens next time.

Try it: What specific action would make your apology visible? Keep it small enough to practise.

04 NOTICE WHEN YOU DISAPPEAR FROM THE CONVERSATION.

Charlie talks about shutting down and stopping communication as something she is working on.

Try it: When you need space, what could you say to make that clear? When could you return to the conversation?

05 START WITH WHO, WHAT AND WHY.

Charlie returns to three questions: who you are, what you want and why you want it.

Try it: Who am I now? What do I want? Why does it matter to me? Write your own answers before considering what someone else expects.

WHO AM I NOW?

WHAT DO I WANT?

WHY DOES IT MATTER TO ME?

ONE SMALL CHANGE THIS WEEK.

Choose one response you want to practise. Use the space below to notice what happens and what you would like to do next.

01 ONE PATTERN I HAVE NOTICED

02 ONE RESPONSE I WANT TO PRACTISE

03 THE SITUATION THAT WILL REMIND ME

04 WHAT I NOTICED AFTERWARDS

AT THE END OF THE WEEK

Keep it, change it or ask for support?

This one-week worksheet is an editorial adaptation, not a claim that Charlie prescribed a seven-day programme.