



WHOLENESS NEXT STEPS GUIDE

YOUR NEXT STEPS TOWARD WHOLENESS

Like the book, this guide meets you where you are and gently points you toward who you are becoming.

Relationships become healthy when individuals become whole. Healthy fruit grows from a healthy root. So, instead of chasing the right people or circumstances, this work begins with you becoming the right person who can build, sustain, and grow a meaningful connection.

Whole relationships are not built on perfection but on awareness, surrender, and service. As a principle, we assert that “**self-awareness is the soul’s mirror**,” so the quiz you just completed is not a final answer. It is a mirror, revealing where your growth can begin.



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WHAT YOUR RESULTS MEAN

Every relationship grows through three movements:

Awareness → Understanding → Interaction

First, you become aware of yourself. Then you begin to understand your deeper needs. Finally, you learn how to relate to others with clarity and honesty.

Your Wholeness Designation

Based on your responses, you were identified in one of the following stages of relational development:

✦ **Whole**

You demonstrate consistent alignment across self-awareness, understanding of your deeper needs, and mutual care in relationships. This does not mean perfection, but it reflects intentional living and relational responsibility.

✦ **Healing**

You show meaningful awareness and growth, but there may be areas of inconsistency or imbalance. This stage often reflects someone who understands parts of themselves but is still learning how to live that understanding out in relationships.

✦ **Hiding**

Some patterns may reflect avoidance, emotional disconnection or misalignment. This is not a fixed state, but an invitation to begin developing deeper awareness and honest connection with yourself and others.

Wholeness requires balance across self-connection, soul needs integrity, and mutual care.

WHAT YOUR RESULTS MEAN

Relational Capacity Breakdown

These results breakdown how you are currently developing across these areas:

- Connection with yourself
- Commitment to your own growth
- Awareness of your deeper (soul) needs
- How those needs are expressed in real life
- Connection with others
- Mutual care and commitment within relationships

No one is perfectly balanced in all areas.

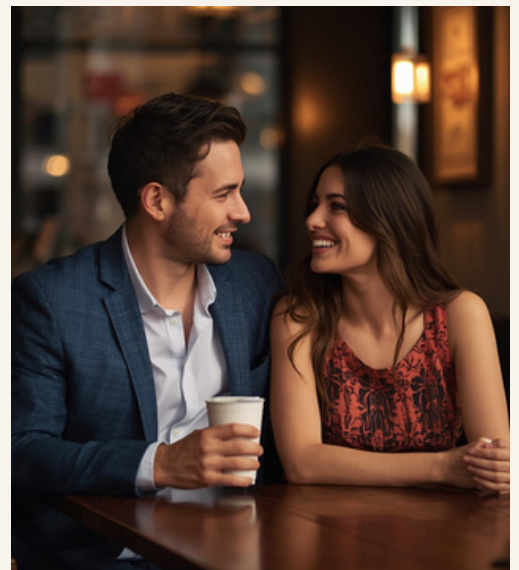
Example

You may understand your needs clearly but struggle to express them in relationships. Or you may show up well for others while remaining disconnected from yourself.

This is where growth begins, not by becoming perfect but by becoming aware.

Review

As you continue this work, you can return to the assessment and observe how your patterns begin to shift. You can even retake the quiz again later on in your journey to see where you've grown.



PRACTICE STEPS

1. Name What You Feel

Most people react before they understand their emotions. Begin by simply naming what you feel.

"I feel frustrated."

"I feel overlooked."

"I feel afraid."

When you name an emotion, you create space between the feeling and your reaction.

Reflection:

What emotion do I experience most often in relationships but rarely admit?

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2. Understand Your Deeper Needs

Many conflicts are not about the situation itself, but the need beneath it. So, ask yourself:

- What do I long for most in connection with others?
- Where am I expecting someone else to fulfill something within me?

Clarity about your needs reduces confusion in your relationships.

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3. Understand Your Deeper Needs

Whole relationships are built on truth. Instead of withdrawing or reacting, begin expressing your inner world clearly and calmly.

Reflection:

What truth have I been avoiding in a relationship?

CONTINUE THE JOURNEY

Growth does not happen in isolation. It deepens through reflection, conversation, and community.

If you would like to continue this work with others who are also pursuing healthier, more honest relationships, you are invited to join the private community:

Whole Relationships Community



Inside the group, you will find:

- thoughtful conversations about self-awareness and relationships
- reflection prompts and insights
- a space to process what you are learning in real time

JOIN HERE:

www.facebook.com/groups/wholerelationships

Love is not the foundation of a healthy relationship, wholeness is.

Two whole people do not try to complete one another. They relate from truth, not from denial or desperation.

If this guide resonated with you, the full journey is explored in Whole Relationships book and workbook, as well as the journal.

Inside the book, you will learn how to:

- develop deeper self-awareness
- understand your emotional and spiritual needs
- build relationships rooted in honesty, not performance
- move from internal clarity to relational strength

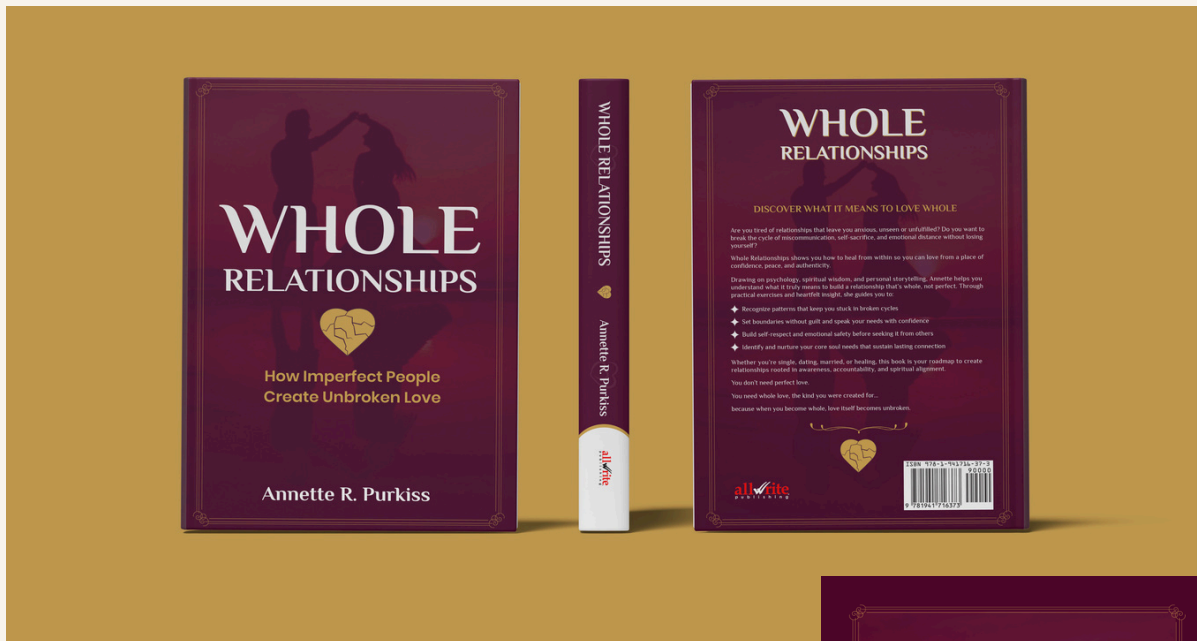
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CONTINUE THE JOURNEY

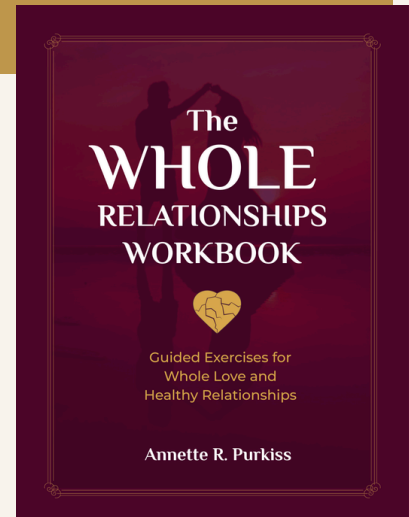
Get the Book



You can get the print and ebook versions on Amazon, Barnes & Noble, Apple, Kobo, and Walmart

Book Review

"Whole Relationships is a thoughtful, spiritually-grounded exploration of relational maturity. It will likely resonate most with readers who are less interested in dating tactics and more interested in personal transformation as the foundation of lasting love."



Follow us on social media as well as the author, Annette Purkiss



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