



FREE CONFIDENCE GUIDE

The
**Friendship
Reset**

A Confidence Check-In Guide



A PRETTY TRUTH REMINDER

You are allowed to want friendships that feel good.

You are allowed to be celebrated.

You are allowed to grow without shrinking.

by Maria Williams · theprettytruth.com



The Friendship

Check-In

Sit with each question for a moment. There are no wrong answers, and you don't have to act on anything today. This is just a soft place to notice what your instincts already know.

1 How do I feel after spending time with this person?

2 Do I feel comfortable sharing my wins?

3 Do I feel supported... or slightly held back?

4 Am I showing up as my full self?

The Energy *Shift*

Choosing better doesn't mean cutting people off. It means becoming aware. Three soft permission slips for moving toward what feels light.



Notice where you feel most like yourself.

Pay attention to the people, places, and conversations where you stop performing. That's data. Your nervous system already knows what your mind is still trying to talk you out of.



Spend more time in spaces that feel light.

Lean toward the friendships, group chats, and rooms where your wins are met with real excitement. Light isn't about volume. It's about not having to brace yourself before sharing.



Give yourself permission to pull back when something feels off.

You don't owe a friendship the same energy on a day it doesn't feel mutual. Pulling back isn't punishment. It's self-respect making room for itself.

The Confidence

Anchor

Three Pretty Truth statements to come back to. Read them. Save them. Read them again on the days the friendship dynamic gets loud.

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I don't need to *shrink* to be loved.

“

I am allowed to be *proud* of my life.

“

The right people will *celebrate* me.

You deserve friendships that feel good.

Xo, Maria