

Getting to Happily

8 Week Relationship MakeOver

Looping in Your Partner

Even though this program is designed for you as a woman, your partner is an important part of your relationship equation. It will be important for you to loop him in, at whatever level is most comfortable for you. Take a minute to respond to the following questions:

Ideally, how would my partner be involved in this program?

How can he best support me in completing this work?

What would not be helpful for him to do?

What do I want him to know about why I enrolled in this program?

What may I not want him to know?

How do I feel about sharing with him that I've started this program?

What would be good about letting him know?

What concerns do I have about letting him know? What would make me feel more comfortable?

Review the tips on “How to Loop in Your Partner”. Respond to the following questions:

What things seem doable for me right now –or – What have I already told my partner?

What are some things I might be able to work up to later?

I will plan on looping him in – or – will talk with him more (set a date/time or timeframe and commit yourself to following through)