

Getting to Happily

8 Week Relationship MakeOver

Step 1 Complete the sentence	Step 2 One word emotion Something you do/fail to do		Step 3 Respond to each question below			Step 4 Turn the thought around
When I am unhappy in this marriage/relationship I think...	And then I feel	As a result, I	Is it true?	How would I feel/act if the thought did not exist?	Why do I choose to think this?	What is a more positive thought I believe?
This marriage is really hard	overwhelmed	Disconnect and spend time doing other things	No	Have confidence that I can successfully handle it	Gives me an "out" for not putting forth an effort	My marriage is worth the effort
I'm the one making all the effort	Taken advantage of	Stop trying	No	I would feel like we're both partners and that we are working together; I would continue to do what I need to do to improve the relationship	It gives me an excuse not to take action	I'm going to do all I can to have a successful marriage

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Step 1 Complete the sentence	Step 2 One word emotion Something you do/fail to do		Step 3 Respond to each question below			Step 4 Turn the thought around
When my partner makes me mad, sad, frustrated or upset, I think he...	And then I feel	As a result, I	Is it true?	How would I feel/act if the thought did not exist?	Why do I choose to think this?	What is a more positive thought I believe?
He's such a jerk	angry	don't talk to him	No	I would act nice and want to be around him	It makes me feel justified	He can be really kind sometimes
He doesn't care about my feelings	sad, hurt	Withdraw, think about how sad I feel, wish he would be different	No	I would feel accepted and heard. I would act in a way that took into account his feelings.	I get to feel sorry for myself	He considers my feelings when I express them