

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?

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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?