

# Getting to Happily

## 8 Week Relationship MakeOver

Step 1 Complete the sentence		Step 2 List of things that trigger my "worst" moments	Step 3 1 word emotion in response to trigger	Step 3 Initial thought(s) associated with that emotion	3b (optional) Deeper thought that's really about me	Step 4 How I will respond to this trigger
When I am at my best in this relationship, I can be...	When I am at my worst in this relationship, I can be...					
Giving and helpful	Rude	When I feel offended or insulted in some way	Angry and hurt	<ul style="list-style-type: none"> <li>• He's such a jerk</li> <li>• He hurt my feelings</li> </ul>	<ul style="list-style-type: none"> <li>• I'm such a jerk</li> <li>• I hurt my feelings by telling myself a story that makes me feel bad.</li> </ul>	Calmly ask him to share what he really means without assuming he's trying to be hurtful Listen to music and dance Be by myself to think
Patient	Impatient	When we are running late, I'm hungry and tired, or I have a lot to accomplish and he's moving slower than I'd like	Worried Overwhelm Irritated	<ul style="list-style-type: none"> <li>• It's his fault</li> <li>• I'm out of control</li> <li>• Being late is a sign of not caring or trying hard enough</li> </ul>	<ul style="list-style-type: none"> <li>• It's my fault</li> <li>• I didn't try hard enough to be on time</li> </ul>	Get something to eat! Relax and remind myself that the world is not going to end if we are late. When we are going to be late, just accept it.
Compassionate and forgiving	Selfish and only see things my way	When I feel I am right and he is wrong or he is being stubborn and selfish	Frustrated	<ul style="list-style-type: none"> <li>• He's not listening and doesn't understand me</li> <li>• He's so stubborn</li> </ul>	<ul style="list-style-type: none"> <li>• I'm not listening and don't understand him</li> <li>• I'm so stubborn</li> </ul>	Listen without interrupting and ask him to do the same when it's my turn to speak. Listen to music and dance
Fun and easy to get along with	Dismissive and sarcastic	When I don't feel heard or understood	Hurt, defeated	<ul style="list-style-type: none"> <li>• He just wants to get his point across</li> <li>• He chooses not to see things my way</li> </ul>	<ul style="list-style-type: none"> <li>• I just want to get my point across</li> <li>• I choose not to see things his way</li> </ul>	Listen to him and think about what's good about his point of view before offering my own.
Kind and loving	Withdrawn and distant	When we are both busy and don't make time for each other, when I have a lot on my mind	Sad, lonely	<ul style="list-style-type: none"> <li>• We are going in separate directions</li> <li>• He's not making time for me</li> <li>• I'm all by myself</li> </ul>	<ul style="list-style-type: none"> <li>• I'm not making time for me</li> </ul>	Send him a text to let him know I miss him Stop what I'm doing to spend time with him