

# 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 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...					