

# Getting to Happily

## 8 Week Relationship MakeOver

**Step 1:** Describe the current state of your relationship as objectively and specifically as possible. Include how you interact with each other in all respects – how you communicate, what sex and intimacy looks like, how you feel about each other, how you treat each other, actions you take or don't take towards each other.

- Most of our communication is around tasks that need to be accomplished for the household or family
- We try to check-in daily about how our respective days went
- We are pretty respectful, but sometimes little things lead to an argument where neither of us wants to talk to the other
- We still have a fondness for each other, but the passion and sexual intimacy is not what it used to be. We don't spend a lot of time in direct physical touch or connection with each other.
- In a given week, we are able to sit down and have dinner together 3 times.
- We work in partnership, dividing household responsibilities and both sharing childcare duties.

**Step 2:** Take one specific issue or problem area from Step 1 and write it down. This is the topic you will be working through to achieve greater acceptance.

- sometimes little things lead to an argument where neither of us wants to talk to the other

**Step 3:** Come up with a list of at least 10 things that are GREAT about the situation or issue you are experiencing. How is this current challenge of benefit to you, your partner, or your relationship? How are you growing? What skills are you developing?

1. We are discovering places where we may not always agree
2. We don't keep arguing to escalate the situation, we take a break
3. The time spent not talking lets each one of us reflect on what's got us upset
4. We are able to come back to the discussion with a clearer mind
5. I can see and understand that the little things we argue about have some deeper issue going on
6. I am learning more about my triggers in this relationship
7. I've learned that I really like to have things my way which is something to work on
8. The disagreements give me an opportunity to practice compromising more
9. The time spent not talking bring up negative thoughts that I can work through
10. It gives us the chance to address some of the larger issues going on

**Step 4:** Complete the following sentence:

*Ideally, what I'd like to see happen or experience is... we are both able to really hear the other person's perspective in a way that's respectful and reach a compromise that we both can feel good about*

*because then I will... know that my opinions matter*

*which will ultimately make me feel...validated, appreciated and understood.*

**Step 5:** What is the emotion you are really trying to achieve?

validation

What are the thoughts you can begin to think (or continue thinking) to help you get to that emotion?

I have good ideas

My husband cares about what I think

My husband listens to me and considers my suggestions

I have my approval

I have his approval

Just because I don't "get my way" doesn't mean I'm not important

What actions can you take for yourself right now to get to feeling this way?

Honestly look at the pros and cons of the things I'd like to do that we disagree on that way if he disagrees or brings up the cons I already have looked at them and accepted them for myself.

**Step 6:** Complete the following sentence:

*Continuing to react negatively to this situation or issue does not serve me because...it doesn't change anything*

*My time could be better spent...coming up with plan A, B, and C if he doesn't agree with how I want to do things.*

*I commit to fully accepting and embracing the reality of this situation by...(some action you will start or stop). Really listening to him and trying to understand and appreciate his perspective without getting defensive.*