

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.

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.

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. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 4: Complete the following sentence:

Ideally, what I'd like to see happen or experience is...

because then I will...

which will ultimately make me feel...

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

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

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

Step 6: Complete the following sentence:

Continuing to react negatively to this situation or issue does not serve me because...

My time could be better spent...

I commit to fully accepting and embracing the reality of this situation by...(some action you will start or stop).