

# Getting to Happily

## 8 Week Relationship MakeOver

**Step 1:** Complete the following sentences:

*When I don't feel like talking to or being around my partner, it's usually because...*

I have hurt feelings or I am angry at something he did, he failed to meet an expectation, I feel like he is not listening or understanding my point of view. When he rather talk than listen.

*I have a really hard time being nice to my partner when...*

I feel like he is not being nice to me, he's not doing his part to help out, I feel overwhelmed, he is not meeting my expectations.

*I notice that I tend to put a wall up and step away from my partner after...*

I feel judged or he tries to "correct me", I have done something to upset him, I feel disconnected or like he is not making time for me.

**Step 2:** What happens for you, when you distance yourself, ignore, or are clearly unhappy with your partner? How do you feel inside - mentally and physically?

I think a lot about what's going wrong, dig up past hurts and disappointments, I can't focus on other things, I look for other reasons to be mad and upset. Physically my head hurts, I get a stomach ache, have trouble sleeping, it's hard to relax.

**Step 3:** From the list below, circle or highlight the things that on any given day, you would like to have in your relationship or interactions with your partner. Feel free to add other things that are not on these lists.

You get to...	And you don't get to...
Be right	Find a way to compromise
Feel mad	Feel at peace
Be sad	Be happy
Say he's wrong	See things in a new way
Blame him	Be empowered
Feel disappointed	Feel hopeful
Withhold kindness	Receive kindness
Distance yourself	Be connected
Ignore him	Receive attention
Do things without him	Work together as a team

**Step 4:** What specific strategies will you use to motivate yourself to turn toward your partner when you don't want to?

Remember that I want to have a happy marriage for myself and my child, remind myself that he is usually receptive to anything I want to talk about or work out, remember some of the strategies I've learned from relationship coaching, work on myself and process my thoughts in a more helpful and productive way.

**Step 5:** Specific actions I will take to turn toward my partner when:

I feel disconnected

- Go for a walk or exercise together
- Stop by his job just to say hi or bring him dinner
- Watch TV or a movie together

We are communicating poorly

- Check in at the beginning of the day about what we need to accomplish
- Discuss random questions from a book
- Ask about his day

When we are not making time for each other

- Take care of the kids together
- Stop working so much to create more time for him
- Skip checking social media and email

When love is lacking

- Write a love note
- Initiate sex
- Greet him at the door when he comes home

Other times (please describe) \_\_\_\_\_