

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 a really hard time being nice to my partner when...

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

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?

Step 3: From the list below, circle the things that on any given day, you would like to have in your relationship or interactions with your partner. Feel free to list 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?

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

I feel disconnected

We are communicating poorly

When we are not making time for each other

When love is lacking

Other times (please describe) _____