

Getting to Happily

8 Week Relationship MakeOver

Step 1. Identify an issue you are having in your relationship right now. Name it and write it down here:

Not able to spend enough quality time with my husband

Step 2. What are your thoughts about this issue? What's the general story you tell yourself?

We are both very busy and prioritize other things

It's not good for our relationship

We should create and find the time to spend together

We are drifting apart

I am lonely

Step 3. What have you been telling yourself about your partner in this situation? (i.e., what is he doing wrong?)

He's too busy and doesn't care

Doing other things is more important than spending time with me

He has too much on his plate by choice

He's not as fun anymore

Step 4. What have you been doing or fail to do, that could possibly contribute to the issue? Why have you operated that way?

I've been just as busy with my own projects and don't create time to spend with him because I'm focused on what I need to do, and it's important to me to do a good job.

I've not expressed that I would like for us to spend more time together because I am not sure what to do, nor am I really ready to take things off of my plate. I also would like for him to take the initiative and find ways for us to spend more time together. I sort of feel like I am always the one to notice and to make the effort.

Step 5. What's something you know you should try, but have not really done to better address this issue? Why have you not done it? What do you need to be able to do what you know you should do?

Set better boundaries for my own time so that I can have more time to spend with him. I have not done this because I get so excited and focused on what I need to do.

The only thing I really need is to be motivated and to find really fun things to do that will be more enjoyable than my other projects.

Step 6. What action(s) are you willing and prepared to take right away to move one step toward making this issue just a little bit better?

Find a fun activity for us to do together within the next two weeks.