

# 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:

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

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

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

**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?

**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?