

Becoming Aware Worksheet

For each of the sentence stems below, write down the first 3-5 responses that come to your mind. Don't think too hard about your answers, let them come to you naturally and as honestly as possible. There's no judgment!

Negative Thoughts:

On a bad day, I would describe my husband as

When I get upset or angry at my husband, it's usually when I feel like he

Positive Thoughts:

On a good day, I would describe my husband as

When I'm really happy in this marriage, it's usually when I feel like

ACTION STEP:

Over the next 1-2 days I just want you to notice and pay attention to your thoughts. Does your mind tend to fill up with responses from the negative sentences or the positive sentences? If you had to assign a percentage to each, where would you fall? Be honest! There's no right or wrong, just what's true for you.

After you have observed your thinking for 1-2 days, I want you to ask yourself these 2 QUESTIONS:

- Am I thinking the things I want to be thinking about my husband?
- How is the way I am thinking about my husband influencing the way I feel in this marriage?

That's it! Feel free to email me with any ah-ha moments you got from this exercise. I'd love to hear how it went for you. I'm at chavonne@berelateable.com.