





10. What defend-withdraw-attack reactions do I use when communicating with my partner?

11. Which understand-express-defuse responses am I willing to start using regularly?

12. What am I currently doing to “fix” or tolerate relationship problems that is no longer working?

- a. Nagging
- b. Begging
- c. Pleasing
- d. Criticizing
- e. Ignoring
- f. Disagreeing
- g. Other:

13. What could I do that would be opposite or different from the above?

14. What things do (did) I do when my relationship is (was) going well that I no longer do?

15. What would my partner say that I need to change for my relationship to improve?

16. What could I do to change *how*, *where*, and *when* a problem happens or *who* handles it?

17. What *action* could I take when attempts to solve a problem through talking are not working?

18. For which problem do I need strategies?

- a. Selfishness
- b. Distancing
- c. Jealousy and control
- d. Lack of romance
- e. Sexual problems and differences
- f. Handling my partner's upsets
- g. Helping my partner handle my upsets
- h. Preventing or making the best out of separations

19. What strategies am I willing to start using today?

- a.
- b.
- c.

20. What strategies would my partner most like me to use?

- a.
- b.
- c.

21. Does my relationship need more/less distance to add passion and romance?

22. If we have too much togetherness, what can I do to meet my own needs?

23. If there is too much distance, what fun, exciting, meaningful activities would I be willing to ask or arrange for my partner and me to do?

24. What caring behaviors would I be willing to ask for from my partner?

- a. Hugs
- b. Messages
- c. Flowers
- d. Cards
- e. Other:

25. What things am I willing to do that would pleasantly surprise my partner?

26. What negative beliefs do I get about myself when my partner's behavior disturbs me?

27. What early life experiences first gave me those beliefs?

28. What positive beliefs would I like to adopt about myself instead?