



Relationship Worksheet

1. What qualities first drew me to my partner?
2. What troubling qualities does my partner have that are similar to my early caretakers?
3. What qualities does my partner have that I think I lack?
4. What needs am I (unsuccessfully) trying to meet through my relationship:
 - a. Understanding
 - b. Appreciation
 - c. Approval
 - d. Freedom
 - e. Other:
5. Which of the above needs did my early caretakers have difficulty meeting?
6. What opposite roles do my partner and I currently take (teacher/student, rigid/impulsive, etc....)?
7. What action would I need to take in order to change conflicting roles in my relationship?
8. What facts about gender differences help me better understand my partner?
9. What changes would I need to make to better balance Yin & Yang qualities in myself?
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 I 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?

What early life experiences first gave me those beliefs?

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

28. What disorders do my partner or I have that could make progress difficult without help?

Setting Boundaries

1. What type of relationship is this?

2. Who initiates contact?

3. What is the time frame for this relationship?

4. Is sharing equal in this relationship?

5. Are there things that you would like to say in this relationship, but don't or can't? What are they?

6. Do you feel that your own boundaries are respected in this relationship?

Explain:

7. What changes would you like to make in this relationship?

Relationship Worksheet

Instructions for use

The first person folds the sheet down the middle of the two columns and completes all boxes in the first column except for the last one.

The second person*, without looking at what the first person has written, completes all boxes in the second column except for the last one.

When you are both feeling calm and agreeable to talk things through set aside a half an hour or so to discuss what you've both written.

What actually happened?

Look at both columns together

What were or are we really reacting to?

What meaning have we given this situation or concern?

What's really pressing our buttons about this?

Observe and discuss each other's different perspectives at the time.

Is there another way of looking at this?

If we take the helicopter view -- an independent observer watching the situation with no emotional involvement -- what would they make of this?

What advice would we give to someone else in this situation?

Reach an agreement and make an action plan: complete the bottom box or use separate sheets.

Consider how both of you could have thought differently at the time.

Was one or both of us:

Getting things out of proportion?

Confusing facts with opinion?

Expecting something different?
 Mind-reading what the other might have been thinking or meaning?
 Misinterpreting the situation?
 Jumping to conclusions?
 Thinking negatively about where this might lead?
 Worrying about how this would affect other people, or other situations? (e.g., Children, work, study)
 Brining outside influences into the situation? (Other current stress, past experiences etc.)
 Have different priorities or sense of importance of this situation or concern?
 Consider how one or both of you could have done things differently
 Agree on what each of you will do next time in a similar situation or concern
 What or is this situation or concern within our control? Are there other factors that we are unable to influence?
 How can we handle things differently?
 What has helped in the past? What did we do differently?
 Is there a way of avoiding this happening again? If s, what can one or both us do?
 Agree a signal that you can both use, and what the signal would mean (e.g. time out; take a break; I'm feeling ..., let's fill in the worksheet, etc.)

**if preferred, this worksheet can be used by an individual, about a relationship, using the second person column to imagine how things might be for that person -- What their thoughts might be or have been, what the situation meant to them, what they might have felt, their reactions etc.... With that understanding, the action plan should include changes that (first person) individual could make that might be helpful.*

Relationship Worksheet

Name	Name*
Emotion <i>Sad, hurt, angry, anxious, scared, irritable, frustrated etc. Rate intensity 0 - 100%</i>	

Physical Sensations <i>What did I feel with my body, where?</i>	Physical Sensations <i>What did I feel with my body, where?</i>
Thoughts / Images <i>What went through my mind? What did that mean or say about me or them? What's the worst thing about?</i>	Thoughts / Images <i>What went through my mind? What did that mean or say about me or them? What's the worst thing about?</i>
What I did, and/or what I'd like to do	What I did, and/or what I'd like to do
What I noticed about them <i>(How they looked, posture, facial expression, voice, eyes, movement etc)</i>	What I noticed about them <i>(How they looked, posture, facial expression, voice, eyes, movement etc)</i>

Agreement / Compromise / Action Plan