

What's Wrong With My Partner/ Our Relationship? And What Happens When I Dwell On It?

(From ACT With Love, Ch 1)

The purpose of this worksheet is to get clear about the most common judgments and criticisms you make about your partner – and the effect it has on you and your relationship when you get caught up in them, dwell on them, buy into them. Over the next few days, take note of all the thoughts you have about what is wrong with your relationship or your partner. Each day, take a few minutes to jot some of these thoughts down, and reflect on what happens to your mood, your attitude, and your relationship when you get all caught up in these thoughts?

Thoughts about what's wrong with my partner/ our relationship	How does my mood change when I get caught up in/ dwell on these thoughts?	When I buy into or dwell on these thoughts, what effect does it have on my relationship?