

## **If you're unwilling to work at your relationship**

If you're not willing to work on your relationship, then you're effectively choosing to prolong your difficulties or make them worse. If this is where you're at right now, then take a few days to keep a daily record. At the end of each day, fill in the chart.

Notice the effect of "giving up" on your health and vitality.

Notice what this choice to "give up" is costing you—in terms of emotional pain, wasted time, wasted money, wasted energy, and further damage to your relationship.

Notice any actions you take that seem to improve your relationship or enhance your own well-being and vitality.

## If you're unwilling to work at your relationship

Many people don't feel like working on their relationship. You might think it all seems too hard or it's pointless, or you shouldn't have to, or the fault is all with your partner. The problem is, if you're not willing to work on your relationship, then you're effectively choosing to prolong your difficulties or make them even worse. So if this is where you're at right now, then take a few days to notice what this attitude is costing you. At the end of each day, fill in the chart.

How did refusing to work on my relationship – thereby making it worse – affect my health and vitality today?	What did refusing to work on my relationship today cost me in terms of emotional pain, wasted time, wasted money, wasted energy, and further damage?	Did I do anything today that seemed to improve my relationship? What was it?