

How I try to control my partner

Spend some time reflecting on everything you have ever tried doing to control your partner—then assess how effective it was in the short run and what it cost you in the long run.

What my partner says or does that I don't like	What I have said or done to stop or change my partner's behavior	Did my actions change my partner's behavior in the long term?	Did my actions enhance and enrich our relationship in the long term? If not, what has this cost in terms of health, vitality, pain, wasted time, bitterness, anger, regret etc.