



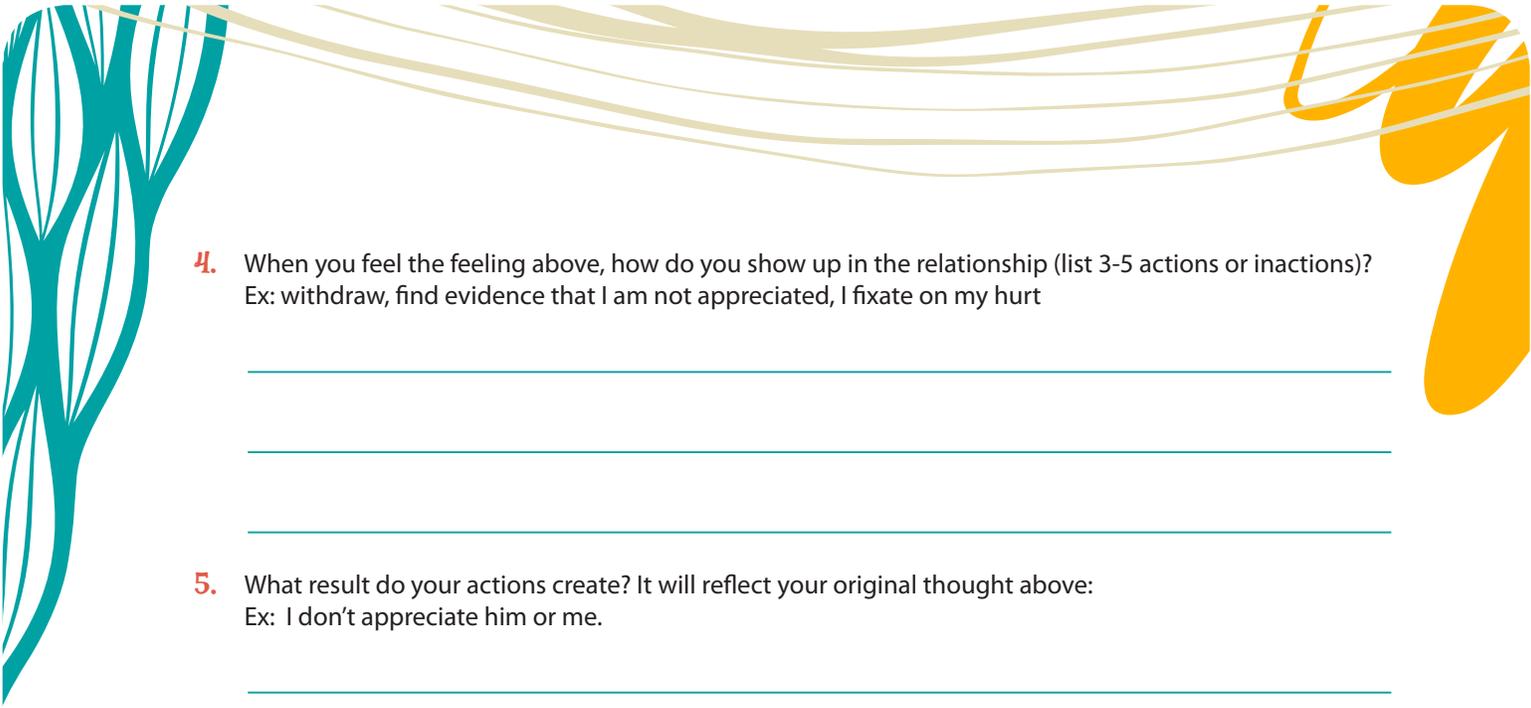
THE HAPPY MARRIAGE MINDSET
QUICK RECOVERY WORKSHEET
to Process Failed Bids to Connect

When you make a bid to connect or things don't go as you hoped in your relationship, this worksheet can help you hit pause and process through the situation so you can decide how you want to move forward.

1. What happened (facts only):
Ex. My husband did not get me a birthday present.

2. What are you making it mean (your thought about him, you or the relationship):
Ex: He does not appreciate me.

3. How does this make you feel? (write feeling words..hurt, sad, angry, frustrated)
Ex: alone

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4. When you feel the feeling above, how do you show up in the relationship (list 3-5 actions or inactions)?
Ex: withdraw, find evidence that I am not appreciated, I fixate on my hurt

5. What result do your actions create? It will reflect your original thought above:
Ex: I don't appreciate him or me.

6. What result would you rather create in that same situation (the same facts listed above)?
(your results must focus on you...not the other person. It might be the opposite of the result you got)
Ex: I appreciate myself and my husband.

7. What would you do or not do to get that result?
Ex: I treat myself for my birthday and invite my husband to join me, I see ways that my husband does appreciate me, I am open and warm, I share honestly without blaming him

8. How would you have to feel to show up that way?
Ex: appreciated

9. What would you have to think about the situation to feel that way?

Ex: My husband appreciates me

10. Is it easy to believe that new thought?

Ex: I can see other ways he does appreciate me and know the gift-giving was not a reflection of how much I mean to him, but it still makes me feel sad because I wish he had remembered

11. Are you willing to feel the negative feeling without indulging it or resisting it?

Ex: I am willing to feel lonely and see that it was caused by my thoughts. I am willing to show compassion for myself and not blame him or feel shame for how I feel.

