

## EPISODE 12 HEALTHY RELATIONSHIPS

### EXERCISE: RELATIONSHIP WORKSHEET

What qualities first drew me to my boyfriend/girlfriend?

What qualities does my boyfriend/girlfriend have that I think I lack?

What needs am I (unsuccessfully) trying to meet through my relationships?

- ☐ Understanding
- ☐ Appreciation
- ☐ Approval
- ☐ Freedom
- ☐ Other

What defend-withdraw-attack reactions do I use when communicating with my boyfriend/girlfriend?

What changes would I need to make to better help me understand my boyfriend/girlfriend?

What am I currently doing to “fix” or tolerate relationship problems that are no longer working:

- ☐ Nagging
- ☐ Begging
- ☐ Pleasing
- ☐ Criticizing
- ☐ Ignoring
- ☐ Disagreeing
- ☐ Other

What could I do that would be the opposite or different from above?

What things do (did) I do when my relationship is (was) going well that I no longer do?

What would I do to change how, where, and when a problem happens or who handles it?

For which problems do I need strategies?

- ☐ Selfishness
- ☐ Distancing
- ☐ Jealousy and control
- ☐ Lack of romance
- ☐ Sexual problems and differences
- ☐ Handling my boyfriend/girlfriend upsets
- ☐ Helping my boyfriend/girlfriend handle my upsets
- ☐ Preventing or making the best out of separations

What approach am I willing to start using today? a.

b.

c.

What approach would my boyfriend/girlfriend like me to use? a.

b.

c.

If we have too much togetherness, what can I do to meet my own needs?

If there is too much distance, what fun, exciting meaningful activities would I be willing to ask or arrange for my boyfriend/girlfriend/partner and I to do?

What caring behaviors would I be willing to ask for from my boyfriend/girlfriend/partner?

- ☐ Hugs
- ☐ Messages
- ☐ Flowers
- ☐ Cards
- ☐ Other

What negative beliefs do I get about myself when my boyfriend/ girlfriend/partner's behavior disturbs me?

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