

Relationship Worksheet

Name	Name*
Situation or Concern	Situation or Concern
Emotion <i>Sad, hurt, angry, anxious, scared, irritable, frustrated etc. Rate intensity 0 – 100%</i>	Emotion <i>Sad, hurt, angry, anxious, scared, irritable, frustrated etc. Rate intensity 0 – 100%</i>
Physical sensations <i>What did I feel in my body, where?</i>	Physical sensations <i>What did I feel in my body, where?</i>
Thoughts / Images <i>What went through my mind? What did that mean or say about me or them? What's the worst thing about that?</i>	Thoughts / Images <i>What went through my mind? What did that mean or say about me or them? What's the worst thing about that?</i>
What I did, and/or what I'd like to do	What I did, and/or what I'd like to do
What I noticed about them <i>(how they looked, posture, facial expression, voice, eyes, movement etc)</i>	What I noticed about them <i>(how they looked, posture, facial expression, voice, eyes, movement etc)</i>
Agreement / Compromise / Action Plan	

Relationship Worksheet

Instructions for use

- The first person folds the sheet down the middle of the two columns, and completes all boxes in the first column except for last one.
- The second person*, without looking at what the first person has written, completes all boxes in the second column except for the last one.
- When you are both feeling calm and are agreeable to talking things through: Set aside a half an hour or so to discuss what you've both written
 - What actually happened?
 - Look at both columns together
 - What were or are we really reacting to?
 - What meaning have we given this situation or concern?
 - What's really pressing our buttons about this?
 - Observe and discuss each other's different perspectives at the time
 - Is there another way of looking at this?
 - If we take the helicopter view: an independent observer watching this situation, with no emotional involvement – what would they make of this?
 - What advice would we give to someone else in this situation?
- Reach an agreement and make an action plan: complete the bottom box or use a separate sheet
 - Consider how you both could have thought differently at the time
 - Was one or both of us:
 - Getting things out of proportion?
 - Confusing facts with opinion?
 - Expecting something different?
 - Mind-reading what the other might have been thinking or meaning?
 - Misinterpreting the situation?
 - Jumping to conclusions?
 - Thinking negatively about where this might lead?
 - Worrying about how this would affect other people, or other situations? (eg. Children, work, study)
 - Bringing outside influences into the situation? (other current stress, past experiences etc)
 - Have different priorities or sense of importance of this situation or concern?
 - Consider how one or both of you could have done things differently
 - Agree on what each of you will do next time in a similar situation or concern
 - What would help most? What would be most effective?
 - What would be best for one person, both of us, for others involved, for our relationship?
 - Was or is this situation or concern within our control? Are there other factors that we are unable to influence?
 - How can we handle things differently?
 - What has helped in the past? What did we do differently?
 - Is there a way of avoiding this happening again? If so, what can one or both of us do?
 - Agree a signal that you can both use, and what that signal would mean (eg. time out; take a break; I'm feeling, let's fill in the worksheet, etc)

**If preferred, this worksheet can be used by an individual, about a relationship, using the second person column to imagine how things might be for that person – what their thoughts might be or might have been, what the situation meant to them, what they might have felt, their reactions etc. With that understanding, the action plan should include changes that (first person) individual could make that might be helpful.*