

The 'staying sane in your relationship' worksheet

When you are angry, sad or unsatisfied with your partner:

What are the top five thoughts about your partner?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the top five thoughts about yourself as a partner?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the top five thoughts about your relationship in a year?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the top five thoughts of your chance of creating a trusting, loving relationship?

- 1.
- 2.
- 3.
- 4.
- 5.

Pick *one* thought from each question and put them in The Model.

This way of working is based on Brooke Castillo's The Model. Learn more about The Model [here](#)

Circumstance: My partner

Thought:

Feeling:

Action:

Result:

Circumstance: Me as a partner

Thought:

Feeling:

Action:

Result:

Circumstance: Our relationship in the future

Thought:

Feeling:

Action:

Result:

Circumstance: Me as the driving force of creating a happy relationship

Thought:

Feeling:

Action:

Result:

When a circumstance triggers a thought, it leads to a feeling, which leads to an action, which leads to a result.

The result always starts with a thought.