



LOVE AFTER KIDS



Relationship Reboot Exercises



- 1a. Write down three assumptions that you have made recently about your partner's thoughts, feelings, and/or actions:

1.
2.
3.

- 1b. Come up with at least one alternate explanation for each assumption:

<i>Assumption 1.</i>
<i>Assumption 2.</i>
<i>Assumption 3.</i>

- 1c. Check it out with your partner.
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- 2a. Choose an emotion you have experienced recently in response to something that happened with your partner. Write it here:

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- 2b. What were the thoughts and feelings related to the emotion and the experience?

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2c. What opinion did you form as a result? What action did you take?

<i>Opinion:</i>
<i>Action:</i>

2d. Did it affect your mood and behavior for the rest of the day? For how long?

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Think about your relationship with your partner, the way it is right now, and ask yourselves the following questions. Jot down your answers in the spaces provided:

3a. Do we each have a default role that we gravitate toward based on our respective childhood relationships? If so, what is/are the roles?

Your default role:
Your partner's default role:

3b. Do you feel like you're stuck in a role-lock with your partner right now? If so, what are the roles?

Your role:
Your partner's role:

3c. What do you think you and your partner are missing out on by staying stuck in these roles?

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- 4a. Choose one habit you have and write down the thoughts, feelings, behaviors and beliefs related to it.

Habit:

Thoughts, feelings, behaviors, and beliefs:

- 4b. Pay attention every time the habit kicks in. Observe it with the goal of awareness and understanding. Be sure to jot down what you notice.

Your observations:

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- 5a. Identify one thing you think and feel and said you cannot do.

- 5b. When did this belief start? Why?

- 5c. What do you do to reinforce it?

- 5d. What are you going to do to experiment with *thinking that you **can** do it*, and allowing yourself to feel what it would be like?



- 6a. Choose a bad relationship habit between you and your partner that you'd like to change. (i.e. arguing about the same thing, not communicating, going to bed at different times).

- 6b. When did the habit that you chose begin? Were there external circumstances that contributed to it starting like having kids, change of job, moving, etc.?

It began...

External circumstances that contributed to it started were...

- 6c. What are your thoughts and feelings about this habit? How do you feel when it is happening? What do you think and feel about your partner when it is happening?

Thoughts and feelings:

How I feel when it is happening:

What I think about my partner:

- 6d. List your and your partner's behaviors and reactions related to the habit.

<u><i>My Behaviors</i></u>	<u><i>My Reactions</i></u>
<u><i>My Partner's Behaviors</i></u>	<u><i>My Partner's Reactions</i></u>

- 6e. What **beliefs** do you have about yourself and your partner related to this habit? (i.e. We don't talk because he doesn't care about me.)



7a. Refer back to your answer to question 2a. What was the emotion you experienced?

7b. Did the experience that triggered that emotion conform to an existing belief that you have? Write about it here:

7c. Next, write down what that thought or belief would look like in its unlimited version. (For example, I'm afraid to fly (limited belief). I love to fly (unlimited belief).)

8a. For each belief that you wrote down previously, write down a corresponding alternative. (i.e. *We don't talk because we are both afraid of being rejected.*)

<i>Belief:</i>	<i>Alternative:</i>
<i>Belief:</i>	<i>Alternative:</i>
<i>Belief:</i>	<i>Alternative:</i>
<i>Belief:</i>	<i>Alternative:</i>
<i>Belief:</i>	<i>Alternative:</i>

8b. Take a few minutes to think about your own repetitive thoughts, feelings, and behaviors and how they might be reinforcing your habitual ways of being. Note your observations here:



- 8c. How would you like for these habits to change? Write down a new and different scenario that corresponds with what you would like to happen.

- 8d. Imagine a scenario where your thoughts/feelings/behaviors are slightly different. Describe it.

- 8e. What can you do to start creating the change that you want to see? Make a list of all of the things that you can do on your end. *(Don't focus on your partner's behavior, or how you think s/he will respond. Focus only on what you can do differently to break the cycle and create a new habit.)*

- 8f. How do you imagine that would change how you're responded to? What do you notice?



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- 9a. Choose one thing from your list and, using the tools and information you just learned from this ebook, commit to consistently trying it out for the next two weeks. (*i.e. Every day, I'm going to sit down with him and ask him how his day was and how he's doing.*)

I choose...

- 9b. Keep a journal of what comes up for you and between you over the two weeks.

Note: If one thing from your list doesn't seem effective, try something else.