

COUPLES WORKSHEET A

1) WHAT KIND OF RELATIONSHIP DO YOU WANT?

2) WHAT ARE YOU DOING TO GET IT?

**3) IF OUR WORK TOGETHER IS WILDLY SUCCESSFUL,
WHAT WILL BE HAPPENING?**

Your mood today: 0 ——— | ——— | ——— | ——— **10**
worst **best**

COUPLES WORKSHEET B

1) WHAT'S BEEN BETTER?

2) WHAT HAVE YOU BEEN DOING TO HAVE YOUR PREFERRED RELATIONSHIP?

Your mood today: 0 ————— 10
worst best