

# Recognizing Areas for Change

## Objective

To be aware of the areas where you can make changes in order to improve your relationship.

## You Should Know

The best way to “fix” your relationship is to look at how you can make improvements. When you improve who you are and how you show up (your attitudes, behaviors, and so forth), you will contribute to improving your relationship. Certainly, a strong relationship is the result of the things both you and your partner are doing, but there is nothing you can do to force your partner to change. That is why it is best to focus on the one thing you can control—yourself.

Take care of yourself, and find ways to uplift, energize, and recharge yourself. The more you work on yourself, the stronger your relationship will be.

## What to Do

Make a copy of this worksheet for each partner. After you have both completed it, share your responses without judging or criticizing.

What would you like to change most about yourself?

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How can you achieve this change?

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What positive qualities and/or strengths do you bring to the relationship?

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What initially attracted you to your partner?

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What do you still find attractive?

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What are some habits or behaviors your partner finds particularly irritating about you?

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Why do you want to stay together?

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How would you feel if you were not together?

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What was the best thing you and your partner did together in the last month?

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What was the hardest thing you did together in the last month?

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What is the best thing about your relationship? What do you do (or not do) that contributes to this being the best thing?

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What is the worst thing about your relationship? What do you do (or not do) that contributes to this being the worst thing?

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What can you do to improve or change the worst thing?

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What are the best things about your sex life?

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What are the most difficult things about your sex life?

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How can you help change or improve the most difficult things?

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List four things you find difficult about being with your partner.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List four things you enjoy doing socially *without* your partner.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List four things you have difficulty doing socially with your partner.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List four things you enjoy doing around the house by yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List four things you have difficulty doing around the house with your partner.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Whose idea was it to get help with the relationship? Why?

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What have you done together or individually to improve the relationship?

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How much are you willing to work to improve the relationship?

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What changes do you want to see in the relationship?

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What are you willing to change?

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What would you like your partner to change?

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**Reflections on This Exercise**

What did you learn from this exercise?

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How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to make progress in this area?

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