

What is bothering me about my relationship?

What is the story I'm telling myself that is leading to the upset in this situation? (What would someone who feels this way believe?)

Is it true? You can ask the other person. If you don't trust their answer, you can consult others to look for evidence.

What can I NOT change? (What the other person thinks and feels, who they are, the past, the future)

What CAN I change? (My beliefs, my actions, the consequences I set)

What are some alternative stories that would lead to different feelings? What would someone who feels more peaceful in this situation believe?

How would I feel with each alternative story?

What might happen if I let go of wanting what I can't change?

What do I need to tell the person? (For useful phrasing, see **Communicating for Greater Happiness.**)

What might be a win/win bargain I can propose?

Will it help if I create a consequence? If so, what am I willing to do to get the change?

Am I willing to let go of what the other person thinks of me and tell my truth? What am I worried might happen? Is that result worse than being untrue to myself?

What am I willing to change in this relationship so I can be happier? My story, my actions, my expectations, be more honest?