

Marriage Thought Record

Situation	Story/Thought and Feeling	Where is this story coming from? What did I do?	Evidence Against This Story/How is it Not Useful?	Alternative story/though t and Feeling	How was I using my spouse, and how could I have helped myself?	What was my spouse likely thinking and feeling? How could I have helped my spouse?	How could my spouse have helped me?	Action plan
<p>Just the facts. When? Where? What? Who?</p>	<p>What story did I tell about myself or my spouse? 5 Fold Why. How do I feel (sad, angry, anxious, happy) 0-100</p>	<p>What old experiences is this bringing up? From my past? From my own family? What do I fear repeating?</p>	<p>How do I or my spouse prove my story wrong? How is this thought keeping me from what I want?</p>	<p>What's a better story I can tell? Feeling with new story 0-100</p>	<p>Was I wanting my spouse to give me my worth? Calm my anxieties? Validate me? How can I do that on my own? (Body, mind, heart spirit)</p>	<p>Try to put yourself in your spouse's shoes. Seek first to understand, then to be understood.</p>	<p>Think about body, mind, heart spirit. How would you help a child? What's a clear request you could make with a "because?"</p>	<p>What will I do now? How will I help avoid this in the future?</p>

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