



CHAPTER 2 WORKSHEET: POWER

Become aware of situations that come up where you feel that need to be right about something. You can usually tell what they are, because you become blaming, judging, angry and critical to name a few. Or you choose not to listen or avoid interactions because you don't need to hear their comments, you already know the answer, it's your answer. Ask yourself these questions: What is going on for me around this? How am I feeling?

Do I want to be right or do I want to be happy? How has this shown up before in my life?

What do I want out of this situation? What can I do differently *right now*?

Do the action step for this chapter every evening. Write your list of "Five Things I love about you today." Look for the evidence that your partner loves you today. What did they do for you that you appreciated? What did they say? Be sure to share what you have written with your partner.