

DWELLING ON THOUGHTS:

# HOW DOES IT AFFECT MY RELATIONSHIP?

WHAT ARE THE EFFECTS OF JUDGEMENTS AND CRITICISMS ON YOUR RELATIONSHIP? USE THE BELOW CHART TO TAKE STOCK OF THOUGHTS THAT YOU HAVE, WHAT THOSE THOUGHTS DO TO YOUR MOOD, AND WHAT HAPPENS TO YOUR RELATIONSHIP AS A RESULT.

## THOUGHTS

List thoughts that you have about what's wrong with your partner and/or your relationship

## MOODS

Describe how your mood changes when you dwell on these thoughts

## EFFECTS

What effect does dwelling on these thoughts have on your relationship?

