

Being Unwilling to Work on Your Relationship ACT Worksheet

Many people don't feel like working on their relationship. You might think it all seems too hard or it's pointless, or you shouldn't have to, or the fault is all with your partner. The problem is, if you're not willing to work on your relationship, then you're effectively choosing to prolong your difficulties or make them even worse. So if this is where you're at right now, then take a few days to notice what this attitude is costing you. At the end of each day, fill in the chart.

| Date | How did refusing to work on my relationship affect my health and vitality today? (Consider both physical and emotional health. Did you experience stress, anxiety, or physical discomfort?) | What did refusing to work on my relationship cost me in terms of emotional pain, wasted time, wasted money, wasted energy, and further damage? (Think about moments of conflict, missed opportunities for connection, financial costs related to the relationship issues, etc.) | Did I do anything today that seemed to improve my relationship? What was it? (This could be a kind word, a helpful action, a moment of understanding, etc.) |
|-------------|--|--|--|
| | | | |
| | | | |
| | | | |
| | | | |

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

The aim of this table is to encourage deeper reflection about your relationship. By asking more detailed questions, it can help you better understand the impact of your unwillingness to work on your relationship and identify any positive actions you're taking.

Source: © Russ Harris 2009