

# Identify the DRAIN in Your Relationship ACT Worksheet

Your information	
Full name:	Partner's full name:
Date submitted:	
Identify the DRAIN in your relationship	
<b>Purpose of this worksheet:</b>  To identify how you and your partner disconnect, become reactive, avoid issues, get trapped in mental loops, and neglect your core values.  Please reflect on the questions below and try to write in full detail. Please be honest with your answers. Base your thoughts and answers on your relationship with your partner.	
I. D - Disconnection	
How do I disconnect from my partner?	How does my partner disconnect from me?
II. R - Reactivity	
How do I react impulsively or automatically?	How does my partner react impulsively or automatically?

### III. A - Avoidance

How do I try to avoid my painful feelings?

How does my partner try to avoid his/her painful feelings?

### IV. I - Inside your mind

How do I get trapped inside my mind?

How does my partner get trapped inside his/her mind?

### V. N - Neglecting values

What core values do I neglect when I am disconnected, reactive, avoidant, or trapped inside my mind?

What core values does my partner neglect?

## Additional notes