

What's Wrong with My Relationship ACT Worksheet

What's Wrong With My Partner/ Our Relationship?

Applicant Details:

Name:

Date:

Relationship Duration:

Notes:

Purpose:

To get clear about the judgments and criticisms you often have about your partner or relationship. Evaluate how these thoughts affect your mood and the relationship itself.

Thoughts about what's wrong with my partner/our relationship	How does my mood change when I dwell on these thoughts?	Effect on the relationship when I dwell on these thoughts

Additional Notes: