

Catching the judgements, and what they do to you

When I dwell on or buy into these thoughts, how does it affect my relationship?

Unhooking from the story

Additions: what to do with the thoughts once you have caught them

The thoughts are not the problem. Everyone in a relationship has a running list of what is wrong with their partner. The problem is being hooked by it: dwelling, rehearsing, treating the list as the whole truth, and acting from it. Unhooking does not mean the thought was false. It means it stops steering.

THREE MOVES

- 1 **Name the story.** “There’s the ‘they never listen’ story again.” A named story is a rerun, not news.
- 2 **Notice the cost.** Use your middle and right columns: what the thought does to your mood, and what it makes you do.
- 3 **Turn toward what matters.** Ask: what would the partner I want to be do in the next ten minutes? Do that, with the thought still there.

My most frequent story about my partner, named

What it costs me when I buy it

What it is probably protecting me from feeling

The next ten minutes, done the way the partner I want to be would do them
