

Reframing Your Marital Frustrations Sample Worksheet

1. Write Frustrating Event

What you do that frustrates me is ...

What Actually Happened

You come home late



2. Write Feeling Response

And then I feel ...

Emotions – Feelings

*Scared
Angry*



4. Write Hidden Fear

To hide my fear of ...

Fear Your Response Hides

*That you're dead.
I'll be alone.*



3. Write Behavioral Response

And what I do is...

What You Actually Do

*Pace, scream,
throw things*



5. Write Hidden Desires

My desires from you are ...

Desires

*I would like you
to be on time.*

6. Write Change Requests

To obtain my desires, I would like to request from you ...



A. Behavior Change Request

If you're going to be more than 15 minutes late, call me 1/2 hour before you're due & tell me 75% of the time.

B. Behavior Change Request

Surprise me and come home early 10% of the time.

C. Behavior Change Request

If you're late & don't call, listen to me when I'm using an "I Message."