

Improving my relationship by being the best partner I can be

For the good of the relationship and for the sake of my partner and others that I love;
For my own well-being and integrity, I will strive to be the best partner I can be

Task one: facing up to myself

Write down all the things about your current behaviour as a partner that could be unsatisfactory, hurtful and/or wrong:

Task two: improving my actions

Write down all the things that you would like to see yourself doing if your relationship were all that it could be:

Task three: route-finding

Identify all the obstacles that are potentially within your control that could get in the way of doing the things you would like to do to be the best partner you could be i.e. things that could prevent you from getting started or could derail you once you have begun:

Task four: problem-solving

Identify all the helpful strategies that you could use to tackle these obstacles:

Task five:

Combine tasks three and four by writing down your intentions in the form 'If (obstacle occurs) then (strategy I will use)' E.g. "If I forget to tell my partner I am grateful for their help on an important project then I will buy them a thank you card in my next lunch hour" or "If I don't feel like doing a job I have said I will do at the time I agreed to do it then I will remind myself why this is important to my partner, to the relationship and to me":