Ending the Blame Game

The causes of your relationship’s rocky areas don’t lie within you or your partner alone. The real place to look is at the interactions between the two of you. What’s exciting about this idea is that by simply changing any part of your usual way of interacting, you can start the ball of change rolling. Once you act differently, your partner will respond differently. Try it!

*List three problems that you think are your partner’s fault.*

1.

2.

3.

*Now, take the same three problems and write down what YOU can do differently to get better results.*

For problem #1, here’s what I can do:

For problem #2, here’s what I can do:

For problem #3, here’s what I can do:

Identifying Your “*More of the Same*” Actions

Which relationship issues or arguments resurface frequently?

What’s your most usual way of approaching your partner on these matters? What do you say? What do you do?

Even though you might not agree with him/her, what would your partner say you do? What drives him/her nuts?

*Taken from “Keeping Love Alive”, by Michelle Weiner Davis*

**ACT AS IF**

Do you think you’re a great fortune teller or mind reader? For example, do you “just know” when your spouse‘s bad mood is going to ruin your evening – or are you “absolutely positive” that your partner won’t participate fully in the scheduled household fix-it project you have lined up?

Well, you may think you’re predicting the future, but in reality you are actually creating it. When you expect negative outcomes, you telecast your expectations in very subtle ways. So subtle, that you’re not even aware you’re doing it. But your partner picks up these messages and responds negatively. In other words, you’re creating a self-fulfilling prophecy. So stop right now. Make sure you’re creating the kind of future you want.

*Answer the following questions:*

1. In what situation do I often expect my partner to disrespect me?

1. How do I act toward him or her when that happens?

1. How would I be acting differently if I were expecting everything to work out well?

*Once you answer question #3, you know what to do. Act as if you are expecting positive results and watch what happens!*

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