

Screwing Up

Human beings screw up so often, it's important to consider these three questions:

When your partner screws up, how would you ideally respond?

When you screw up, how would you ideally like your partner to respond?

When either one of you screws up, what would you ideally say or do to handle it effectively and make amends?

Before answering these questions, get in touch with your values; reflect on the sort of partner you want to be. If you could respond mindfully, acting on your deepest values, then what would you say and do when one of you screws up? Are you willing to forgive, let go, and move on? Are you willing to make room for your painful feelings, let go of unhelpful thoughts, and discuss the issue in a way that allows for repairs? Are you willing to apply the principles of positive reinforcement (as described in chapter 18 of ACT With Love) to catch your partner doing it right and thank them, rather than come down hard when they do it wrong? And if not, what will your lack of willingness cost you in the long run? Now write your answers, below.

When your partner screws up, how would you ideally respond? What would you ideally say and do, with what sort of attitude?

When you screw up, how would you ideally like your partner to respond? What would they ideally say and do, with what sort of attitude?

When either you or your partner screws up, what would you ideally say or do to handle it effectively and/or make amends?

When either you or your partner screws up, what would you ideally like your partner to say or do, to handle it effectively and/or make amends?