

The judgmental mind—part 2

When my mind wants to hook me into the “bad partner” story, this is what it says:

It tells me that my partner is a ...

It tells me that my partner is too ...

It tells me that my partner is not enough of a ...

It tells me that my partner does too much of the following:

It tells me that my partner doesn't do enough of the following:

It tells me that my partner lacks the following:

When I get hooked by this story, here is how it affects me: (describe changes in your feelings and your attitude towards your partner, and the way you treat him/her)

When I get hooked by this story, here is how it affects our relationship:

Once you've done this, either work through the defusion exercises in chapter 9 of ACT With Love, or run through similar exercises with your coach/therapist