



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 5, Part 2

Managing Relational Stress

Instructions

- Reflect on statements or questions 1-4 and jot down words and phrases that come to mind in response.
- Refer to *Instructions for Your Couple Conversation*, then share your responses with your partner during your couple conversation.
- If true, share statement 5 with your partner. Save this worksheet to refer to during lesson 6.

1. On a scale of 1 to 5, with 1 being low and 5 being high, rate your tendency to exhibit these what-NOT-to-dos in managing your relational stress.

	1	2	3	4	5
Change your partner					
Accumulate grievances					
Go outside appropriate relational boundaries					
Short change your need for quality couple time					

2. On a scale of 1 to 5, with 1 being low and 5 being high, rate your tendency to exhibit these what-TO-dos in managing your relational stress.

	1	2	3	4	5
Prioritize your relationship					
Accept your partner's givens					
Work on yourself					
Learn & use healthy communication & conflict management skills					

	1	2	3	4	5
Engage in stress-relieving activities together and separately					
Deal with stuff as it comes up					
Do relational repair work as needed					
Seek outside help if needed					

3. On a scale of 1 to 5, with 1 being easy and 5 being difficult, rate your ability and tendency to exhibit these what-TO-dos in managing your relational stress.

	1	2	3	4	5
Agree to time & place					
State the issue simply & clearly					
Seek mutual understanding					
Brainstorm possible solutions					
Decide on a mutually-agreeable course of action					
Follow through on your commitments					

4. Speaking for yourself, identify and prioritize changes you'd like to make to the way you manage your relational stress.

Priority	Specific Change
1	
2	
3	
4	
5	

5. If true, share this statement with your partner:

I want to make progress in managing our relational stress. I ask for your support and encouragement. I want to give you the same.