



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 4, Part 2

Responding to Partner Stress

Instructions

- Reflect on questions 1-3 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.
- Respond to question 4 following your couple conversation and discuss with your partner.
- Save this worksheet to refer to during lesson 6.

1. What behavioral patterns do you see happening in your relationship during times of stress?
2. When you are experiencing high levels of stress:
 - What does your partner do that's helpful?
 - What does your partner do that is not helpful?
 - What do you want from your partner?
3. When your partner is experiencing high levels of stress:
 - What do you do that seems to be helpful?
 - What do you do that seems to be not helpful?
 - What do you want for your partner?

4. When your partner is experiencing high levels of stress, how do you experience their stress? What do you think/ how do you feel/ what do you find yourself wanting (for yourself, for your partner, for your relationship)?