

# Close Companions: Online Relationship Academy

## Course: Managing Stress Together

### Lesson Six: Stress and Your Future – Developing a Game Plan

#### Objectives for this lesson

1. Experience a greater sense of control over the way you handle stress, individually and together; you'll become more proactive and intentional.
2. Move from talk about what you “could” do to what you “will do.”
3. Become clearer about your priorities and goals related to stress management, individually and as a couple.
4. Establish a commitment to progress, not perfection.

#### Course Recap

Lesson 1: Acknowledging the Sources of Personal Stress

Lesson 2: Recognizing the Effects of Stress

Lesson 3: Dealing with Personal Stress

Lesson 4: Responding to Partner Stress

Lesson 5: Managing Relational Stress

#### 3-Step Process

1. Determine what outcomes you desire
  - What do I want for me?
  - What do I want for my partner?
  - What do I want for our relationship?
2. Determine what you're *willing* to do
  - Change my environment

- Change my behavior
- Change my outlook/attitude

3. Decide what you *will* do

- Count the cost
- Consider temporary complications
- Are these things possible, important, and urgent?
- Agree together on an action plan – set specific goals