



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 5, Part 1 Managing Relational Stress

Instructions

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

1. What current situational stressors are affecting us?
 - a. Challenging circumstances
 - b. Time pressure
 - c. Fatigue
 - d. Unmet wants, needs, and expectations
2. What current everyday relational irritants are affecting us?
 - a. Personality and temperament differences
 - b. Personal habits
 - c. Differences of opinion and preference
3. What current special-circumstance stressors are affecting us?
 - a. Recycled issues
 - b. Core issues
 - c. Disloyalty and betrayal
4. How is my current personal stress affecting our relationship?
5. How is our current relational stress affecting me personally?