



Online Relationship Academy

Course: Managing Stress Together

Lesson 6 Worksheet

Developing a Game Plan

Instructions

- Refer to completed worksheets and notes from previous lessons.
- Respond to the statements or questions 1-4 below.
- Refer to *Instructions for Couple Conversation* to share your responses with your partner.
- Together with your partner, agree on a game plan, statement 5 below.

1. The first step in developing a stress management game plan is to consider what your life might look like if you had your stress under control. As you imagine that future, ask yourself this simple question: WHAT DO I WANT?
 - a. What do I want for me (outcomes)?
 - b. What do I want for my partner (based on conversations where they have stated various things *they* want)?
 - c. What do I want for our relationship (the “we”)?
2. Speaking for yourself, to make these wants a reality, what needs to change?
 - a. My environment
 - b. My behavior
 - c. My outlook (attitude)
3. What am I willing to do to make these wants a reality?
4. What I WILL DO to create a more stress-healthy life and relationship.

5. Together, make some decisions about your future – set some specific goals to accomplish together within the next 6 months.

- a. Look closely at the things you are each WILLING to do.
- b. Identify the common threads – what are both of you willing to do together?
- c. Now, write down 3-4 things you WILL do as a couple.

Will do: _____

Will do: _____

Will do: _____

Will do: _____

6. If you'd like, sign and date this page and place it in a prominent place.

7. Celebrate your accomplishment! You have decided to develop a healthy, happy, stress-managed life and relationship. Congratulations!

Signature: _____

Signature: _____

Date: _____