

Reframing Your Marital Frustrations Worksheet

1. Write Frustrating Event

What you do that frustrates me is ...

What Actually Happened



2. Write Feeling Response

And then I feel ...

Emotions – Feelings



4. Write Hidden Fear

To hide my fear of ...

Fear Your Response Hides



3. Write Behavioral Response

And what I do is...

What You Actually Do



5. Write Hidden Desires

My desires from you are ...

Desires

6. Write Change Requests

To obtain my desires, I would like to request from you ...



A. Behavior Change Request

B. Behavior Change Request

C. Behavior Change Request