

BETTER RELATIONSHIPS ROUTINE

Date _____



FIND YOUR LEVEL

SIT OR STAND UP WITH YOUR BACK STRAIGHT, SHOULDERS BACK, AND CHIN UP. TAKE A DEEP BREATH AND OBSERVE YOURSELF. HOW STRESSED ARE YOU ON A SCALE FROM 1-10? ACCEPT YOUR LEVEL.

REFRAME THOUGHTS

WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND? BE ON THE LOOKOUT FOR ANY BLAMING, UNREASONABLE EXPECTATIONS, NEGATIVE PREDICTIONS, OR ABSOLUTES LIKE NEVER OR ALWAYS.

HOW CAN YOU UPDATE YOUR THOUGHT AFTER STEPPING BACK FROM IT & TAKING A BIRD'S EYE VIEW TO MAKE IT MORE LOGICAL, NUANCED, COMPASSIONATE, & HELPFUL?



TAKE ACTION

YOU HAVE AT LEAST SOME POWER IN THIS SITUATION. WHAT WOULD BE THE SIMPLEST & EASIEST WAY TO CHANGE THE OUTCOME POSITIVELY? WHAT ADVICE WOULD YOU GIVE A FRIEND? WRITE OUT THE EXACT STEPS YOU WILL TAKE TO CREATE A MORE POSITIVE OUTCOME.



GIVE GRATITUDE

WHO OR WHAT ARE YOU THANKFUL FOR? LIST 1-10 THINGS OR WRITE A GRATITUDE LETTER TO SOMEONE WHO DESERVES IT AND GIVE THEM A SMALL GIFT SHOWING YOUR APPRECIATION.



CONNECT

DO AN ENJOYABLE ACTIVITY WITH SOMEONE OR SIMPLY TALK. JOT DOWN A FEW NOTES ABOUT THE INTERACTION IN THE SPACE BELOW. IF YOU CAN'T CONNECT NOW THEN PLAN A FUN ACTIVITY WITH SOMEONE INCLUDING A CONCRETE DATE AND TIME. FOCUS ON YOUR MOST IMPORTANT AND MOST POSITIVE RELATIONSHIPS.