

What Inner Scripts Do You Rehearse?!

Typical Distress Maintaining Marital Thoughts:

That really hurt me.

I can't forgive and forget what he/she said and did.

I will not let go of my anger and hurt.

I'm not going to take this anymore.

I'll show her/him.

I'll get even.

That makes me mad.

He/She is(fill in insult).

I'm getting out of here.

I don't deserve this.

All the things I do, and I will never get recognized or appreciated.

I'm not going to react. I'm simply going to stand here stone faced.

Others?

Soothing, Validating Marital Thoughts:

Calm down. Take some deep breaths.

No need to take this personally.

I need to slow down what I say or do right now.

She's/He's upset right now, but this isn't a personal attack.

This really isn't about me.

This is a bad moment, but things aren't always like this.

I'm upset now, but I love him/her.

She/He has a lot of nice qualities.

There are lots of things I admire about him/her.

TRight now Im upset, but this is basically a good marriage/relationship.

Others?

Reminder: Learning to calm yourself won't solve your marital problems, but it is an essential first step to keeping you open to strategies that will dramatically help.

¹ Adapted From: John Gottman's, *Why Marriages Succeed or Fail....and How You can Make Yours Last*