

## **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.

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