

How I Tried Controlling My Partner ACT Worksheet

Reflection on Relationship Dynamics

Applicant Details:

Full Name:

Date:

Contact Information:

- Phone:
- Email:

Purpose:

To understand and assess my past actions in response to my partner's behaviors, and to gain insight into the effectiveness and long-term implications of those actions.

Instructions:

1. For each row, fill out the behaviors or actions of your partner that you found challenging.
2. Reflect on what you said or did in response to try to stop or change your partner's behavior.
3. Think about how effective your response was in the short-term.
4. Reflect on the long-term consequences or costs of your response.

What my partner says or does that I don't like	What I have said or done in response	Short-term effectiveness of my response	Long-term consequences or costs of my response	Notes (Any additional thoughts or context)

Final Reflection:

After filling out the above table, spend some time to reflect on the following:

What patterns do I notice in my responses?

Answer:

Are there healthier ways I can address or communicate my feelings and concerns to my partner?

Answer:

How can I foster a relationship based on mutual respect, understanding, and compromise, rather than control?

Answer: