

# Your Relationship Change Plan

If you want to turn your relationship around, you've got to get real with yourselves. No more excuses, no more blame games. It's time to take a good, hard look in the mirror and own your part in this relationship. Remember, you can't change what you don't acknowledge. **Fill out a new copy of this sheet every time you both are working on a new issue or skill.**

- **STOP:** What behaviors are you doing right now that are flat-out destroying your relationship? These are the things you need to cut out, pronto!
- **START:** What are you not doing that's leaving a big, gaping hole in your relationship? It's time to step up and fill that void! Be specific – otherwise, it won't matter.
- **KEEP:** What are you doing right? Don't throw the baby out with the bathwater – identify what's working and keep at it!

I need to STOP doing: \_\_\_\_\_

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I need to START doing: \_\_\_\_\_

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I need to KEEP doing: \_\_\_\_\_

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- Imagine you've shown this sheet to ten different people on the street. Do they ALL agree with how, SPECIFICALLY, you will be doing these things? If so, check off this item.
- Next, share this sheet to your partner. Ask them what they think the changes you listed look like. If they have the same interpretation of what you mean by what you said, you can check off this item.
- Now, let's cut to the chase:** This isn't just some feel-good exercise. This is about rolling up your sleeves and doing the work. If you don't actually follow through with what you've written and make these changes, then you're choosing to stay stuck. If you agree to follow through with what you've written, no matter what your partner says or does, check this box.
- I know you might be thinking, "Why should I bother if my partner isn't changing?" **Well, let me be crystal clear:** Your behavior is your responsibility, period. You don't get a free pass to act badly just because your partner does. Be the change you want to see in your relationship. If you lead by example, you're not only improving yourself, but you're also showing your partner what's possible. If you agree to this, check this box.
- I understand that change can be challenging, and I agree to seek support from a [Certified Gottman Therapist](#) if I need additional guidance or structure.

*Therapy Dave*