

MindFlex³⁶⁵

What's Wrong with My Relationship?

In this exercise, you'll identify any judgments about someone important in your life and how those judgments affect you and your relationship with the person. Over the next few days, take a few minutes each day to write down any thoughts you have about what's wrong with the relationship or the person. Notice what happens to your mood, attitude, and connection with the person when you get caught up in those thoughts.

What thoughts do I have about what's wrong with the person or our relationship?	How does my mood change when I get caught up in these thoughts?	When I dwell on these thoughts, how does it affect my relationship?

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

Gallo, F. J. (2017). *Bouncing back from trauma: The essential step-by-step-guide for police readiness*. North Charleston, SC: CreateSpace Independent Publishing Platform.

Harris, R. (2009). *ACT with love*. Oakland, CA: New Harbinger.

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