

THE RELATIONSHIP JOURNAL

AN INTENTIONAL
PRACTICE TO BRING
AWARENESS
TO YOU AND YOUR
PARTNER

created by Vienna Pharaon, LMFT
@MindfulMFT



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Alright you incredible humans, welcome to The Relationship Journal. Before you get started, here are a few notes to keep in mind:

This is a practice. In the same way that we don't just wake up a top performer in any field, practicing healthy relationship awareness is a skill set that requires consistent and intentional repetition. Friends, there is some relearning that we need to do here, so if you're in, here are some of the things that are going to help you move through it.

- 1. Commit to this practice every day for 30 days.** You have got to repeat this over and over again. Find a time in your day when you can spend about 10 minutes of **non-distracted** (yes, I just bolded and underlined) time with this.
 - Set a reminder on your phone.
 - Grab yourself an accountability partner.
 - Find a convenient time to do it (morning or evenings are generally best).
 - Keep your journal available to you. (Don't be the person who gets in bed and realizes the journal is in the living room so you don't want to get up and get it ;)). Predict the excuses and get ahead of them!
- 2. Notice your resistance.** New routines can be incredibly challenging to follow. Our systems LOVE predictability and what we're about to do here asks you to shake things up a bit and get unpredictable. What to do? Be with your resistance. Acknowledge it "Hello, resistance. I see you and am feeling you. AND, I'd like to move past you anyway because I know this practice is important for me."
- 3. Write it down. Yes, with your hand.** Typing isn't quite the same even though it can be incredibly convenient. Pen to paper, friends. That's how the re-wiring begins to happen. Surrender and lean into it.
- 4. It is okay if you repeat answers.** You don't always need to come up with something new every day, but lean into it and see how you can expand outside of your comfort zone. Maybe you build upon an answer from the day before. Regardless, you are not required to write something new every day.

One way I feel supported by my partner is:

One way I believe my partner feels supported by me is:

I get hurt when my partner:

My partner gets hurt when I:

How I express love to my partner is:

(ie. "I cook dinner," "I tell my partner verbally," "I buy thoughtful gifts," "I spend time with my partner and plan our weekends for connection," etc.)

How my partner expresses love to me is:

(i.e. "My partner tells me," "my partner makes sure that my meals are taken care of," etc.)

One thing I am grateful for about my partner is:

One thing I want to focus on changing that will positively impact my relationship is:

(ie. "Becoming less defensive," "putting down devices when my partner is sharing with me," etc.)

What will change when I make that shift is:

How I feel when I envision that change happening in my relationship is:

How I will take action and practice this new commitment **today** is: