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| **Chart for Exercise 4**  **Doubling Down on the Recalibration Protocol**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** | |
| My partner did something that I found frustrating or upsetting today. | **\_\_\_Yes \_\_\_No** |
| Describe the frustrating or upsetting thing your partner did today in the space below. | |
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| I took a break and went through the steps of the Recalibration Protocol (RP). | **\_\_\_Yes \_\_\_No** |
| I forgot to take a break and go through the steps of the RP. | **\_\_\_Yes \_\_\_No** |
| Rather than taking a break to read through the steps of the RP, I decided to implement the steps of the RP on the fly. | **\_\_\_Yes \_\_\_No** |
| If you took a break and went through the RP, what was your highest level of frustration or upset BEFORE reviewing the RP on a scale of 1-10? (1 is low, 10 is high) |  |
| In the space below, describe what happened as the conversation with this person unfolded. | |
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| After reviewing or thinking about the steps of the RP, what did you say or do that was different than what you might have otherwise said or done? Describe in the space below. | |
|  | |
| In the space below, please describe what (if anything) made it difficult for you to follow the steps of the RP. | |
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| On a scale of 1-10, how did the conversation with your partner end?  (1 is very poorly, 10 is very well) |  |