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| **Chart for Exercise 6**  **Mental Readiness Exercise**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** | |
| What hypothetical scenario might your partner get upset about today (or that you might get upset with her about? | |
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| What frustrating or annoying thing do you picture your partner saying or doing? | |
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| What self-reminder statement did you practice using in your hypothetical scenario to help feel calmer? | |
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| Did you relax your body and slow your breathing until you felt noticeably calmer even while picturing your partner’s triggering words or actions? | **\_\_\_Yes \_\_\_No** |
| In the space below, describe what specific things you pictured saying to your partner in the hypothetical future situation that were different than you have often said before? | |
|  | |
| By the end of the day, did your partner do or say the frustrating or annoying thing (or something similar)? | **\_\_\_Yes \_\_\_No** |
| Were you able to react more effectively when the situation occurred? | **\_\_\_Yes \_\_\_No** |
| If not, were you able to pause, take a break, and do the *Recalibration Protocol?* | **\_\_\_Yes \_\_\_No** |