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| **Chart for Exercise 7**  **The Time-Travel Exercise**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** | |
| Please use the space below to briefly describe your partner’s specific triggering words, gestures or actions that you visualized for practice today. | |
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| In the space below, describe the thoughts were you having inside during the original situation. | |
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| On a scale of 1-10, how much of the original frustration or annoyance did you feel while visualizing? (1-not at all, 10 just as strongly as you did the first time) |  |
| In the space below, describe what physical reactions you had (if any) in your body as you pictured the  triggering words, gestures or actions. | |
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| Did you picture yourself taking a break from what you were doing in order to go  through the steps of the Recalibration Protocol? | **\_\_\_Yes \_\_\_No** |
| If so, what did you say to your partner to let her know that you needed to take a break from your interaction? Please describe in the space below. | |
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| Did you picture yourself sitting alone back then, reading and following each of  the steps of the Recalibration Protocol (also reading the steps as you were doing  the exercise)? | **\_\_\_Yes \_\_\_No** |
| As you pictured yourself following each of the steps of the Recalibration Protocol (also reading the steps as you were doing the exercise), was there any voice inside of your head that didn't want to accept  what any of the steps were suggesting? If so, what specific things(s) was this voice saying? And what was your response to this voice? Please describe in the space below. | |
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| After you pictured yourself following each of the steps of the Recalibration Protocol (also reading the steps as you were doing the exercise), what words did you picture saying to your partner when you began interacting with her? Please describe in the space below. | |
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