

RELATIONSHIP PATTERNS WORKSHEET 2

Interpersonal Situation	What did I feel and think about myself?		What were my expectations about the other person?		My Resulting Behavior
	My Feelings	My Thoughts	Their Feelings	Their Thoughts	What did I do?
What happened?					

OLD MODEL: WHEN _____ THEN _____

Interpersonal Goals for Situation	Alternative Beliefs and Feelings about Myself		Alternative Beliefs and Feelings about the Other Person?		Resulting Actions
	<i>What else could I feel and believe about myself?</i>		<i>What else could I expect the other person to feel and think?</i>		
<i>What are my goals in this situation?</i>	<i>My feelings:</i>	<i>My thoughts:</i>	<i>Their feelings:</i>	<i>Their thoughts:</i>	<i>What else could I do? What else might they do?</i>

ALTERNATIVE MODEL: WHEN _____ THEN _____