

TABLE 12.2

<i>Techniques</i>	<i>Your Response</i>
What situations trigger your relationship worries?	
What are your typical worries? What are you concerned will happen?	
How many times have you made these predictions?	
Why haven't they come true?	
What are your typical thinking distortions in relationships?	Mind reading: Fortune-telling:
	Personalizing: Discounting the positives: Catastrophizing: Negative filter: Labeling:
Are your expectations unrealistic? Why or why not?	
What maladaptive coping styles do you use? Do you use reassurance, checking, giving in, threatening, withdrawing, challenging, etc.?	
Practice giving up your maladaptive coping—for example, give up checking, seeking reassurance, threatening, etc. What do you predict will happen? What actually does happen?	
What is the cost and benefit to you of your worries?	Cost: Benefit:
Which of your worries are productive and which are unproductive?	Productive worry: Unproductive worry:
Take your productive worry—what specific action can you take in the next forty-eight hours to help yourself?	
Practice flooding yourself with your feared fantasy or your worries about things that are uncertain.	
What would be the advantage of accepting some uncertainty about your relationship?	
What are the worst, best, and most likely outcomes?	
What if your thoughts and worries are true? What are you worried will happen?	
If your relationship ends, what will this mean about you or your future?	
Identify your core belief or personality style (e.g., helpless, abandoned, defective, unlovable, special, out of control, controlled by others, etc.). How are your current worries related to your personality?	
Do you think that the entire relationship is your responsibility? Why or why not?	
What is the evidence for and against your worries?	Evidence for: Evidence against:
How will you feel about this in a month? A year? Five years? Why would you feel differently?	
Besides your worry, what other emotions are you having in your relationship (anger, boredom, desire to get out, happiness, contentment, etc.)?	
What do you like to do that does not depend on this relationship?	
If the relationship ended, what would be some advantages to you of moving on?	
If the relationship ended, what would be the relative contributions that each of you made to it not working out?	
What advice would you give a friend with these worries?	