

Relationship Stress Worksheets

1. Relationship Stressors:

List specific situations, behaviors, or patterns that currently cause stress in your relationship(s). Consider communication issues, unmet expectations, financial stress, etc.

2. Emotional Impact:

Describe how these stressors affect your emotional well-being and your feelings towards the relationship.

3. Behavioral Impact:

Note any changes in your behavior or interactions with your partner(s) due to these stressors.

4. Communication Patterns:

Reflect on how stress is currently communicated and addressed in your relationship. Are there patterns of avoidance, confrontation, or open discussion?

5. Individual Coping Mechanisms:

List the strategies you personally use to cope with relationship stress. Are these mechanisms healthy and effective?

6. Joint Coping Strategies:

Identify any strategies you and your partner(s) have used together to manage stress. What has been effective?

7. Improving Communication:

Outline specific steps you can take to improve communication about stress in your relationship.

8. Addressing Stressors:

Choose one stressor listed and brainstorm potential solutions or ways to mitigate its impact on your relationship.

- Stressor:

- Solution/Strategy:
