Taking Responsibility for Your Part

Many partners find it easy to see the negative in their partner. They may always assume the worst instead of the best! This homework assignment is to help you overcome some of that negativity. Complete this homework at least three days this week. Remember: The best ways to change thinking are **(1)** thinking about the positive instead of negative, **(2)** thinking about how to solve the problem instead of elaborating the problem, and **(3)** noticing the ways your partner values you.

Scripture supports the importance of our thoughts and thinking positively. **Proverbs 23:7** As a man thinks within himself so is he. Philippians 4:8 Whatsoever is true and positive, think about these.

Event (What happened)	Negative Thoughts (About partner)	Outcomes (Behavioral and emotional consequences)	Actions (Your response, different than negative thoughts)	Results (What happens after your change in thinking)