

What Troubles Your Partner?

It's hard to empathize with a spouse or partner who has made you angry or has disappointed you. But understanding how another person feels *does not negate your feelings*. Understanding your partner makes it easier for both of you to see how each person's problems can cause behaviors that affect your relationship. Each person should fill out the form below. Then take some time to discuss each person's point of view. Try and listen to your partner without judging or criticizing.

Problems Your Partner Has	How These Problems Cause Behaviors That Affect You

