

THE RELATIONSHIP SAVING WORKBOOK

A WORKBOOK FOR
MONITORING YOUR PROGRESS
AND LOGGING YOUR JOURNEY



BY CLAY ANDREWS AND
MODERNLOVE.LIFE

Was there anything illegal, unethical, or abusive about my relationship with my ex?

Yes

No

My 5x5 List

Must Have Qualities

1

2

3

4

5

Deal Breaker Qualities

1

2

3

4

5

How does my ex fit into my 5x5 list?

Yes

No

Must Have Qualities From My 5x5 List That My Ex Has

- 1
- 2
- 3
- 4
- 5

Deal Breaker Qualities From My 5x5 List That My Ex Has

- 1
- 2
- 3
- 4
- 5

After completing this exercise, do I believe that getting back together with my ex is a good idea and likely going to result in a relationship that I will be satisfied with?

As I begin this course, I believe that my ex is at the following emotional stage in the process of getting back together

Wall of Reactance

Test Drive

Riding the Dragon

Crisis Point

New Beginnings

The reason I believe that my ex is at this stage right now is because of:

Given that my ex is at this stage, what is the main thing that I should be focusing on right now?

As I begin this course, I believe that I am at the following emotional stage in my journey toward getting back together with my ex

Damage Control Mode
Attachement
Crossroads
Bridge
Effortless Connection

The reason I believe that I am at this stage right now is because of:

Given the emotional stage that I am currently at, what do I need to focus on to get back together with my ex?

Should I do Active No Contact?

Yes

No

The reason I believe that I should do this is because:

I started Active No Contact on this date:

I completed Active No Contact on this date:

During my No Contact period, I plan on spending my time:

I believe that I am ready to break Active No Contact because:

Healing

In order to help with my healing from the breakup, I plan on using the following healing strategies mentioned in the course:

My experience with the Funnel Meditation has been:

My experience with the Deep Submerge exercise has been:

What does it mean when an interaction “feels good”?

Advanced Relational Skill - Awareness

Exercise - Thought Challenging Log

What Happened?

Original Thought

Supporting Evidence

Alternate Thought

Supporting Evidence

Exercise - Being Present with Yourself

Write down your experience with this exercise:

Exercise - The Noticing Game

When you _____, I noticed _____.

When you did this exercise with someone else, what was the interaction like?

Exercise - Feeling into the Moment

My experience doing this exercise was:

Acceptance:

Exercise - Mirror Affirmations

My affirmations are:

My experience doing this exercise has been:

Exercise - Public Empathy

My experience doing this exercise has been:

Exercise - Intimacy Bubble

My experience doing this exercise has been:

Exercise - Date Yourself

My experience doing this exercise has been:

Exercise - Walk into Discomfort

My experience doing this exercise has been:

Composure

Exercise - Desire Check

My experience doing this exercise has been:

Exercise - Emotional Reveal

My experience doing this exercise has been:

Exercise - Asking for What You Want

My experience doing this exercise has been:

Exercise - Speaking the Moment

My experience doing this exercise has been:

Communication

Exercise - Clear Request

My clear request was:

My experience doing this exercise has been:

Exercise - Showing Them You Understand

My experience doing this exercise has been:

Exercise - Relating + Rewarding

My experience doing these exercises has been:

Exercise - The Ultimate Reward (Flirting)

My experience doing this exercise has been:

Exercise - Enforcing Boundaries

The boundary I enforced was:

My experience enforcing this boundary has been:

Contacting Your Ex

Contact Log (Print multiple copies of this page as needed):

Date of Contact

How I Contacted My Ex / How My Ex Contacted Me

Where I Think My Ex Is Emotionally (Positive / Neutral / Negative)

Where I Was Emotionally (Positive / Neutral / Negative)

How the Interaction Ended (Future Plans?)

Based on This Interactions, I Think the Next Step Would Likely Be:

Do I Notice That We Are Moving Up the Hierarchy of Communication?

(Optional) - The Fresh Start Technique

I sent this message because:

The result of sending this message was:

(Optional) - The Open Door Technique

I sent this message because:

The result of sending this message was:

Meeting Up with My Ex

My experience with my first meetup with my ex was:

This meetup went (positively / neutral / negatively)

**I believe that my ex left this interaction feeling
(positively / neutral / negatively)**

**Based on this interaction, I believe my next move
should be:**

**If the first meetup went well, possible ideas for future
meet ups:**

Dealing with Crisis Point

The main crisis that my ex is experiencing that is keeping them from taking our interactions from an interesting intellectual exercise into a real world possibility of a relationship is:

Do I believe that I am in the Cul-de-Sac?

If I believe I am in a Cul-de-Sac, what can I do to transition out of this dynamic?

If I have not seen ANY progress in 3 - 6 months, is this something that I want to continue working toward?

Have I had a Commitment Collaboration talk with my ex?

Yes

No

What was my experience?

How do I plan on making my relationship stronger so that my ex and I never go through another breakup again?