

## FREE WORKSHEETS

# All 13 Worksheets

*One page for every exercise in the book.*

You do not need these. Everything required is in the book and in your own notebook. These exist for two reasons: some people prefer to draft an answer before committing to it, and some exercises repeat over several weeks, so a fresh page each time is easier than working around what you wrote last Tuesday.

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**BEFORE YOU USE ANY OF THESE**

If you have not read Chapter One yet, start there. It tells you honestly whether this book is the right tool for your situation, and some of these worksheets are not safe to use if it isn't.

## CHAPTER 3

## The Six Questions

*Use this on one specific occasion at a time — not on your relationship in general.*

Pick one moment you remember clearly. Small is better than dramatic: a three-hour silence tells you more than a screaming match. Answer all six before you move on. Question four is the one that matters most.

**1. DOES THIS HAPPEN?**

☐ Often ☐ Sometimes ☐ Rarely

**2. WHAT DID HE DO? — ONE CONCRETE SITUATION**

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**3. WHAT DID YOU DO IMMEDIATELY AFTER?**

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**4. WHAT WERE YOU TRYING TO GET?**

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**5. WHAT ACTUALLY HAPPENED NEXT?**

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**6. WHAT DID YOU DO THEN?**

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## CHAPTER 4 · SEEKING CERTAINTY AND RELIEF

## The Two Messages

*For asking and needing reassurance.*

**BEFORE YOU FILL THIS IN**

If you need to ask, ask. This is not about forcing yourself to stop. Each time you ask and he answers, notice both messages while it is happening, then write them down afterward — not to judge yourself, just to see it.

**WHAT DID YOU ASK, AND WHEN?**

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**MESSAGE ONE — WHAT HE TOLD YOU**

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**MESSAGE TWO — WHAT YOU TOLD YOURSELF**

*The quiet one: what did receiving his answer confirm about what you can or can't handle alone?*

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**DID YOU TRY TO SHORTEN IT, SOFTEN IT, OR CATCH YOURSELF FIRST?**

☐ Yes ☐ No

CHAPTER 4 · SEEKING CERTAINTY AND RELIEF

Ritualize the Search

For checking — his phone, his last-seen, his activity.

SET THIS ONCE, THEN FOLLOW IT FOR A WEEK

Choose one or two fixed points in the day. Five minutes each, timed. Check anything you want in that window — nothing is off limits there. Outside it, none. When the urge shows up early, tell yourself: *not now. At [time].*

MY FIXED CHECKING TIMES

THIS WEEK

| Day | Did I check outside my window? What did I tell myself instead? |
|-----|----------------------------------------------------------------|
| Mon |                                                                |
| Tue |                                                                |
| Wed |                                                                |
| Thu |                                                                |
| Fri |                                                                |
| Sat |                                                                |
| Sun |                                                                |

## CHAPTER 4 · SEEKING CERTAINTY AND RELIEF

## The Evening Pulpit

*For telling someone else — on purpose, once a day, then done.*

**BEFORE YOU START**

Choose someone who understands what you are doing and why, who will not ask, judge, or repeat it. Avoid anyone who has been telling you to leave — not because they are wrong, but because this needs a listener, not an advocate.

Thirty minutes, same time each day, alarm set. They stay silent. When it ends, it ends — no summing up, and nothing about it for the rest of the day.

**MY PERSON FOR THIS****MY THIRTY MINUTES, EACH EVENING**

Nothing about it for the rest of the day.

**TONIGHT'S CHECK-IN**

Did I do the thirty minutes? ☐ Yes ☐ No

Did I stay quiet about it the rest of the day? ☐ Yes ☐ No

## CHAPTER 5 · EXPLAINING AND MAKING HIM UNDERSTAND

# The One-Sentence Rule

*Say it once. Then leave it alone.*

**THE RULE**

One clear sentence. Not one sentence followed by the reason. Then it is over — you do not need him to understand it, and you do not defend it if he argues.

**WHAT HAPPENED****MY ONE SENTENCE****WHAT I DID WITH THE SILENCE AFTERWARD**

☐ Left it alone ☐ Explained further ☐ Sent a follow-up message

**WHAT ACTUALLY HAPPENED**

CHAPTER 6 · WAITING FOR HIM TO CHANGE

The Morning Question

Every morning. Answer it this way round, not the other.

THE QUESTION, EXACTLY AS WRITTEN

What can I do, or not do, deliberately and knowingly, today, to carry on being that disillusioned dreamer?

Not the positive version. Seeing the trap in your own handwriting is what makes it harder to walk into.

MON

TUE

WED

THU

FRI

SAT

SUN

## CHAPTER 6 · WAITING FOR HIM TO CHANGE

## How to Make It Worse

*A one-time list. Use it if the Morning Question alone isn't enough.*

**THE QUESTION**

If I wanted to make this situation worse rather than better, how would I do it? Be thorough and specific — every way you could deepen it, prolong it, or guarantee nothing changes for another year.

**MY LIST**

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**READING IT BACK, WHICH OF THESE AM I ALREADY DOING?**

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CHAPTER 7 · ADAPTING YOURSELF SO HE WILL CHANGE

Healthy Selfishness

Two weeks. Not giving less — changing the shape of it.

EACH DAY

Take one thing you would normally give him and give it to someone else instead — a friend, a sister, the thing you used to do before all this started. Do not announce it or use it to make a point.

| Day | What I gave, and to whom · what I did not say today, and what it cost |
|-----|-----------------------------------------------------------------------|
| 1   |                                                                       |
| 2   |                                                                       |
| 3   |                                                                       |
| 4   |                                                                       |
| 5   |                                                                       |
| 6   |                                                                       |
| 7   |                                                                       |

Second week: print this page again.

## CHAPTER 8 · SEEKING JUSTICE AND UNDERSTANDING

# The Question With No Answer

Write the exact question you use at three in the morning.

**MY QUESTION****1. WHAT ANSWER WOULD END THIS QUESTION FOR GOOD?**

The exact words. Not an approximation.

**2. COULD I EVER ACTUALLY OBTAIN THAT ANSWER?**

☐ Yes ☐ No

**3. IF I GOT IT, WOULD I BELIEVE IT?**

☐ Yes ☐ No

**EACH TIME IT ARRIVES**

Don't answer it and don't push it away. Say: *this is the question I cannot answer. It is [time], and I am doing it again.* Name it, and carry on.

**THIS WEEK — NAMED IT, CARRIED ON**

☐ Mon

☐ Tue

☐ Wed

☐ Thu

☐ Fri

☐ Sat

☐ Sun

CHAPTER 9 · LEAVING AND GOING BACK

Decant the Pain

Instructions only. This one is not written on a page you keep.

**HOW, EXACTLY**

Every night, one hour before bed, take a notebook — not this page — and go somewhere you won’t be interrupted. Handwritten only. Write everything: what happened, what was done to you, how you felt.

Do not read it back. Do not think about what to write; let it come up on its own. When you are done, tear the pages up and destroy them. Repeat every night until there is nothing left to write.

**BEFORE YOU START**

This is for the pain of having left, not for staying in or returning to a situation that is dangerous. If any of the signals in Chapter One apply to you, this is not your exercise.

If this leaves you unable to function the next day, or the distress does not ease after several nights, stop and bring it to a therapist instead of continuing alone.

TRACKING ONLY — NOT THE WRITING ITSELF

| Night | Did the hour happen? <input type="checkbox"/> Yes <input type="checkbox"/> No |
|-------|-------------------------------------------------------------------------------|
| 1     | <input type="checkbox"/>                                                      |
| 2     | <input type="checkbox"/>                                                      |
| 3     | <input type="checkbox"/>                                                      |
| 4     | <input type="checkbox"/>                                                      |
| 5     | <input type="checkbox"/>                                                      |
| 6     | <input type="checkbox"/>                                                      |
| 7     | <input type="checkbox"/>                                                      |

## CHAPTER 10 · THE SHAME OF NEEDING

## Say It On Purpose

*State it calmly, before it forces its way out.*

| You are allowed to need reassurance. You do not have to be ashamed of needing it.

**WHAT DO I ACTUALLY NEED RIGHT NOW?**

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**SAID ON PURPOSE, ONCE, WITHOUT APOLOGY**

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**WHAT I ASKED FOR, AND HOW IT FELT TO ASK BEFORE IT BUILT UP**

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**THIS WEEK**☐ Mon☐ Tue☐ Wed☐ Thu☐ Fri☐ Sat☐ Sun

## CHAPTER 11 · WHAT WOULD BE DIFFERENT

## The Miracle Question

*Answer in behavior, not in feelings.*

**IMAGINE YOU WAKE UP TOMORROW AND THE PROBLEM IS GONE. HOW WOULD YOU KNOW?**

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**WHAT WOULD YOU STOP DOING?**

*Not what you'd feel. What would be absent from your day.*

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CHAPTER 11 · WHAT WOULD BE DIFFERENT

As If

One small action each day, chosen fresh, done as if the problem were already gone.

EACH MORNING

What is the smallest thing I would do differently today, if this problem no longer existed? Choose the smallest one on the list. Do it today.

| Day | Smallest thing today · did I do it? |
|-----|-------------------------------------|
| 1   |                                     |
| 2   |                                     |
| 3   |                                     |
| 4   |                                     |
| 5   |                                     |
| 6   |                                     |
| 7   |                                     |