

Relationship Journal*

<p>Step 1 – S/he said: Write down exactly what the other person said. Be brief:</p> <p>I don't really know why I'm feeling so depressed today.</p>	<p>Step 2 – I said: Write down exactly what you said next. Be brief:</p> <p>Do you feel worse than you did last week? Did something happen? I read a self-help blog that said people can feel worse in the winter because there's less daylight. Maybe you have S.A.D.?</p>
<p>Circle the emotions S/HE might have been feeling</p>	<p>Circle the emotions YOU were feeling</p>
<p>Sad, blue, depressed, down, unhappy</p>	<p>Sad, blue, depressed, down, unhappy</p>
<p>Anxious, worried, panicky, nervous, frightened</p>	<p>Anxious, worried, panicky, nervous, frightened</p>
<p>Guilty, remorseful, bad, ashamed</p>	<p>Guilty, remorseful, bad, ashamed</p>
<p>Inferior, worthless, inadequate, defective, incompetent</p>	<p>Inferior, worthless, inadequate, defective, incompetent</p>
<p>Lonely, unloved, unwanted, rejected, alone, abandoned</p>	<p>Lonely, unloved, unwanted, rejected, alone, abandoned</p>
<p>Embarrassed, foolish, humiliated, self-conscious</p>	<p>Embarrassed, foolish, humiliated, self-conscious</p>
<p>Hopeless, discouraged, pessimistic, despairing</p>	<p>Hopeless, discouraged, pessimistic, despairing</p>
<p>Frustrated, stuck, thwarted, defeated</p>	<p>Frustrated, stuck, thwarted, defeated</p>
<p>Angry, mad, resentful, annoyed, irritated, upset, furious</p>	<p>Angry, mad, resentful, annoyed, irritated, upset, furious</p>
<p>Other (specify)</p>	<p>Other (specify)</p>

Step 3 – Good Vs. Bad Communication: Was your response an example of good or bad communication? Use the EAR Checklist to analyze what you wrote down in Step 2.

E.A.R. Checklist*

	Good Communication	✓	Bad Communication	✓
E = Empathy	1. You acknowledge the other person's feelings and find some truth in what s/he said.		1. You ignore the other person's feelings or argue and insist s/he is "wrong."	
A = Assertiveness	2. You express your feelings openly and directly.		2. You fail to express your feelings or express them aggressively.	
R = Respect	3. Your attitude is respectful and caring.		3. Your attitude is not respectful or caring.	

Step 4 – Consequences: Did your response in Step 2 make the problem better or worse? Why?

Step 5 – Revised Version: Revise what you wrote down in Step 2. Use the “Five Secrets of Effective Communication.” If your revised response is ineffective, try again.

* Copyright © 1991 by David D. Burns, MD. Revised, 2007, 2016.