FEELINGS | COMMUNICATION | RELATIONSHIP CHOICES

Two weeks of noticing

A daily reflection for each partner to complete separately. Notice what you feel, what you need, and the small actions you choose. Bring both copies to therapy after two weeks.

My initials or preferred name

Start date

How to use this tracker

1. Check in when you wake up, around midday, and in the evening. Use a few honest words; there is no right feeling.

2. Record one specific communication or relationship effort. Small efforts count. If you made none, record that without judging yourself.

3. Rate your own experience using the same scales each day. Leave a blank if you do not know; do not invent an answer.

4. Complete the weekly review after Days 7 and 14. Different or mixed reasons for staying together are welcome.

5. Keep your entries for therapy. Share only by mutual agreement, and avoid using them to score, pressure, or criticize each other.

Rating key

Anxiety: 0 = none; 10 = extreme. Connection: 0 = disconnected; 10 = very connected. Desire to continue: 0 = no desire; 10 = very strong desire. Willingness to make changes: 0 = not willing; 10 = very willing.

This is a reflection tool, not a test or a requirement to stay together. Focus on your own choices and record the other person's response without guessing their intentions.

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 01 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 02 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 03 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 04 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 05 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 06 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 07 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 08 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 09 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 10 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 11 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 12 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 13 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

NOTICE FIRST. CHOOSE ONE SMALL STEP.

Day 14 | My daily check-in

Date

Feeling words: calm, worried, sad, hopeful, angry, lonely, close, unsure

When	Feelings / body cues	Anxiety	Connection	Time
On waking				
Midday				
Evening				

Use 0-10 for anxiety and connection. Record approximate time.

What affected my feelings today? What did I need?

One effort I made to help our relationship or communication:

What happened afterward? How did I feel? What helped or did not help?

How do I feel about our marriage today? (A few honest words.)

Desire to continue (0-10):

Willingness to change (0-10):

What draws me to staying today? List all that fit, or write "unsure."

Our bond / personal choice | lifestyle / finances | children | values | fear | other

One small step I am willing to try tomorrow:

COMPLETE AFTER DAY 7

Week 1 | Looking for patterns

Review your seven daily pages. Notice patterns rather than judging yourself or your partner. Complete this page on your own before reviewing it in therapy.

Which feelings kept returning? What seemed to bring them on?

Which efforts helped communication? Give one specific example.

What change am I willing to make? What am I unsure or unwilling to change?

Why might I choose to remain in this marriage?

Rate each separately: 0 = no influence; 10 = very strong influence.

I want this relationship for myself / our emotional bond	
Our shared lifestyle, home, routines, or finances	
Our children / parenting responsibilities (if applicable)	
My values, faith, commitment, or shared history	
Fear of change, loneliness, guilt, or outside pressure	
Other reason (describe below)	

What do these ratings tell me? What is mixed or unclear?

If practical barriers were manageable, what would I want for this relationship?

What would I like help sorting out in our next session?

COMPLETE AFTER DAY 14

Week 2 | Looking for patterns

Review your seven daily pages. Notice patterns rather than judging yourself or your partner. Complete this page on your own before reviewing it in therapy.

Which feelings kept returning? What seemed to bring them on?

Which efforts helped communication? Give one specific example.

What change am I willing to make? What am I unsure or unwilling to change?

Why might I choose to remain in this marriage?

Rate each separately: 0 = no influence; 10 = very strong influence.

I want this relationship for myself / our emotional bond	
Our shared lifestyle, home, routines, or finances	
Our children / parenting responsibilities (if applicable)	
My values, faith, commitment, or shared history	
Fear of change, loneliness, guilt, or outside pressure	
Other reason (describe below)	

What do these ratings tell me? What is mixed or unclear?

If practical barriers were manageable, what would I want for this relationship?

What would I like help sorting out in our next session?