

My Action Plan towards Emotional Respect and Caring

What changes can you make in your actions so that your partner (past, present, or future) would feel safe and comfortable living with you?

1. _____
2. _____
3. _____

Name something **particularly** (like a New Years resolution) that you are going to go home and do today or in the near future that will help your partner (past, present, or future) start to believe that you are actually going to make the changes you mention above.

This is you're your own plan to improve yourself and your relationships in the future. Read over what you have written above. Have you created something that will help yourself and your family? If you have just filled in the blanks to get the homework done, you've wasted your time and maybe this exercise deserves some more thought. If you have created a plan to help yourself along . . . **Congratulations!**