

Worksheet to become more aware of one's patterns

Cognition is mental activity, which involves verbal and non verbal activity, conscious and unconscious mental activity. This worksheet addresses some common cognitive distortions and how these play out in the couple/family dynamics (Worthington, 2013)

Rate these from

Strongly Agree	Agree	Neither agree/disagree	Disagree	Strongly disagree
5	4	3	2	1

Common Faulty Patterns

1-To demonstrate love, my mate must tell me he or she loves me several times daily

2-It if do not feel romantic with my partner, it means we are not in love any longer

3- My partner should meet all my needs, especially all my needs for intimacy.

4- My partner should support all my ideas.

5-When I have had a bad day, my mate should be able to sense it and should do something to cheer me up without my having to tell him or her.

6-My spouse should not expect me to be courteous and polite. That's what marriage is all about: being yourself and not having to put on some show.

7-My partner should be able to know how to stimulate me when we are making love. I shouldn't have to tell him or her what to do and when to do it.

8-My mate and I should do almost everything as a couple if we are to maintain a happy marriage.

9-I should be able to keep my partner from ever getting unhappy.

10-My partner and I should never argue or disagree if our marriage is good.

Using the above questions as a framework, discuss about values, needs, feelings, communications in your family of origin, how things were in the beginning of the relationship and what are the current concerns.

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Candlestick Counselling Centre, 697 Candlestick Circle, Mississauga.

Website : [Candlestick Massage Therapy – Massage Therapy and Medical Acupuncture services](#)

Source : Worthington Jr, E. L. (2013). *Hope-focused marriage counseling: A guide to brief therapy*. InterVarsity Press.

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