

# My Journal

Date: 3/7/17

1. What happened?

*My partner cancelled our date-night dinner plans for one of her niece's activities. I yelled at her about how inconsiderate she was.*

2. How big of a deal was it?

*2 or 3*

3. My reaction?

*7*

4. My feelings at the time?

*Hurt, unimportant, undesirable*

5. Beliefs I'm holding?

*If someone dumps me for other plans, they must not like me. It is rude to dump someone when you make a commitment.*

6. Challenges to those beliefs?

*A person could like/love me but feel their attention needs to be somewhere else that evening. Sometimes plans do need to change. I can be flexible. I'd want the same treatment of flexibility if something came up with one of my family members. I'm lovable, even if this one person does not like or love me.*

7. What's going on with the other person?

*She's trying to balance being a sister, aunt, employee, friend, and my partner along with taking care of herself. Maybe this was something she felt she needed to do and not necessarily a reflection on me.*

8. Alternative responses?

*I could support her in all her roles and ask if there is a time when we can reschedule our date night.*