Bonus Worksheet

What's the Plan?

Instructions: This sheet contains an outline for a once-a-week meeting format. Before having your first meeting, sit down together to establish some guidelines to determine what you both need to feel comfortable having this meeting. (i.e., keep it limited to 30 mins, have it asynchronously, do it after meds have kicked in, at a regular time, know that I can step away if I need to, etc.)

For example, my partner needs to keep our meetings limited to 30 mins. If it's limited to 30 mins I need to be able to hit pause on the timer and step away if I get overwhelmed, and restart the timer when I'm ready. Otherwise I get stressed out about taking too long and can't express myself clearly. And again, especially if discussing anything relevant to the ADHD/ mental health issues, refer back to the guidelines in Ch. 12 p341

Use the space below to write down some of the guidelines that are important to you and your partner.

Our Meeting Guidelines:

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Bonus Worksheet - What's the Plan?

A Once-a-Week Meeting Format:

1. **Compliments:** Start with this so both people are more likely to notice effort throughout the week and to feel appreciated at not just complained at!

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2. **Chores:** Is the division of labor working or need to be tweaked? Who's doing what?

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3. **Schedule:** Time together, time alone, time with friends, time with kids/pets. (Like, actually schedule it. When will you make time for each of these this week? If you use a calendar, bring it to the meeting so you can add it so you won't forget, or write it down here!)

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4. **Mental Health & Support Needs Check In:** What's going on with your mental health? Need support? How will you get support? What role do you want each other to play?

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5. **Needs Not Being Met:** Bring up no more than two, hopefully resolvable.

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What's the Plan?: (i.e., try something new, decide to talk with therapist about it, revisit next week, etc.)

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