



mona barbera, ph.d.  
*Relationships. Reconnected.*

## 30 Day Challenge

If it's intense, it's my own

Suggested reading: *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy, chapters 3 and 4*

The intention: I commit to looking at myself when I have lost connection, calm, clarity, courage, compassion, curiosity, confidence or creativity. If my reactions to my mate are intensely disturbing, I will look at them as my own. I will do this 100%, with complete focus on myself. I commit to doing this 30 days in a row. For maximum results, I will start at day 1 if and when I miss a day, so that I do this for 30 days in a row.

Note: If you need some extra help along the way, Internal Family Systems therapists are in almost every state, and if you don't want to go into an office, only a phone call away. Go to [www.selfleadership.org](http://www.selfleadership.org) to find one.

My start date: \_\_\_\_\_

My end date: \_\_\_\_\_

Why I am doing this (keep adding reasons to this as you go along – attach another page if you need more space!):

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What gets in the way. For each obstacle, write what you will do to overcome it. Keep adding more obstacles and solutions as you go along – attach another page if you need more room:

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## 30 Day Challenge

### My Daily Log

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Date: \_\_\_\_\_ Day number: \_\_\_\_\_  
(Fill this page out every day)

What my partner was doing when I had an intense reaction and how I responded:

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Was it a Firefighter and why (see list, chapter 3, page 24)

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What was my Firefighter protecting – see, feel, hear the Exile that is being protected. Connect with it and let it know you are there and you understand.

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Appreciation for my Firefighter (thank you for protecting me, you are so skilled at \_\_\_\_\_, etc.)

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If your Firefighter would allow you, what could you have done differently? How could you have given better back or maintained your Self qualities even if your partner didn't change?

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# 30 Day Challenge

## Review

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Dates of the challenge: \_\_\_\_\_

What I am most proud of:

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Firefighters I met and appreciated:

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Hurt parts I met:

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What surprised me the most:

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What I need to do now:

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