

REGULATING RELATIONSHIPS WITH: 'STABLE'

HOW MOOD CAN COLOUR HOW WE
FEEL ABOUT OUR RELATIONSHIPS

S

Recall a time you were SAD about the relationship. Write down how you behaved as well as your view on the person at the time

T

Recall a time you were TERRIFIED the other person could leave. Write down how you behaved as well as your view on the person at the time

E

Recall a time you felt EXCITED to see the other person. Write down how you behaved as well as your view on the person at the time

A

Recall a time you were ANGRY with the other person. Write down how you behaved as well as your view on the person at the time

L

Recall a time you were feeling intense LOVE for the other person. Write down how you behaved as well as your view on the person at the time

B

Recall a time you were BORED by the other person. Write down how you behaved as well as your view on the person at the time

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This exercise is designed to help people who tend to make reactive judgements about their relationships based on how they feel *'in the moment'*. Try the 'STABLE' exercise to increase mindful awareness of the whole experience of being in a relationship with a significant person in your life.

Find a time when you are calm and think about a significant person in your life. Remember times when you have felt the emotions in the STABLE acronym and how those feelings coloured how you felt about them.

Developed from the work of Blair's Aguirre & Gillian Galen