

WORKSHEET – What Interventions Work for Me?

You can use this chart to keep track of new things you try and whether they worked or not. This is to inspire you to create your own interventions.

Intervention	Did it work?	Date tried	How could I revise or replace it?
Example: Smiling practice – assigned to my couple for Sunday, every time you pass each other smile	Both hated it. Felt it was too contrived.	2/2/2023	For this couple I could do more psych-ed about effects of facial expressions instead.