Thoughts of Someone Else?

A reflection worksheet for exploring attraction, unmet needs, and relationship choices.

Start with curiosity

Attraction and fantasies can come up in a relationship. Give yourself a few quiet minutes to notice what these thoughts bring up and how you want to respond. Start with one recent moment.

PART ONE / NOTICE THE PATTERN

When do I tend to think about this person? What happened just before the thought showed up?

What do I feel before, during, and after thinking about them? What feeling do I want more of, or a break from?

What draws me in most: this person, the way I feel around them, or what I imagine could happen?

PART TWO

Common avoidant thoughts

When closeness, commitment, or conflict brings up discomfort, you may notice thoughts like these.

Which thoughts feel familiar?

“Could there be someone better for me?”

“Is this it? Is this what a relationship is supposed to feel like?”

“If this were right, wouldn’t I feel more excited or certain?”

“What if committing means giving up my freedom?”

“Why do their flaws bother me more now that we’re getting closer?”

A thought can surface alongside a real concern about compatibility, a need for space, or discomfort with getting closer. Notice when it shows up and what changes after you’ve had some space.

Which thought sounds most like me? What was happening between us when I first noticed it?

Which concerns still feel important when I’m calm? Which get louder when I feel pressured, vulnerable, or unsure about committing?

PART THREE

What do I need?

Notice what feels steady in your relationship and what you find yourself looking for elsewhere.

Common relationship needs

Emotional safety and respect, affection and touch, feeling heard and appreciated, reliable connection, sexual intimacy, play, and room for independence. How much of each you need can vary.

When needs go unmet

Your brain may start paying more attention to where it finds relief or connection. If you've been feeling unseen, being listened to by someone else can feel especially good. The pull may get stronger when that attention briefly eases loneliness, stress, or self-doubt.

Which needs feel met? Which feel undernourished? What would meeting one of those needs look like in everyday life?

What do I get from this person or the fantasy of them? How do I feel afterward, and how long does the relief last?

What is one way I could ask for or care for that need directly, while honoring my relationship agreements?

PART FOUR

What do I want to do next?

Consider your choices, your relationship agreements, and what you'd like to understand in therapy.

What agreements do my partner and I have about flirting, messages, or intimacy with others? Where might my actions be approaching or crossing a boundary?

What is one step that fits my values this week? I might pause private messaging, ask for time together, or talk about a need I've been holding back.

What feels hardest to untangle on my own? What would I want to explore in a session?

Explore this in therapy

If these thoughts keep coming up or you're unsure how to respond, a session can help you understand what's drawing you in and decide how you want to move forward.

Book a session at thattherapygirl.com