

PARTNER _____

What I Do _____

What Do I Think to Myself
About Me: _____
About You: _____

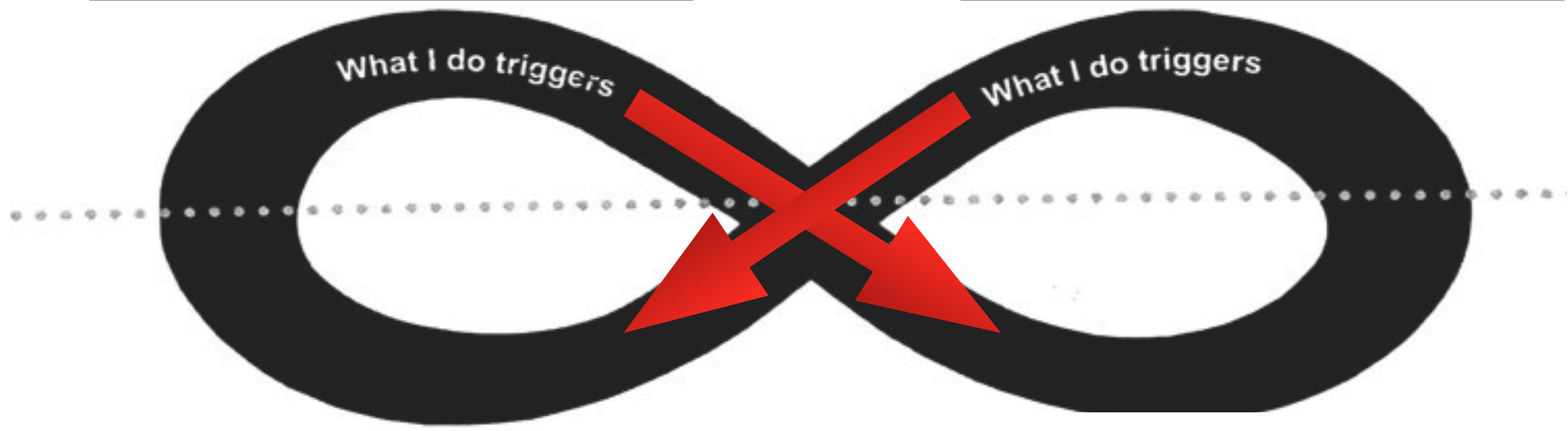
Secondary Emotions (Anger, Withdrawing, etc)

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What Do I Think to Myself
About Me: _____
About You: _____

Secondary Emotions (Anger, Withdrawing, etc)



How I Feel Inside / Primary Emotions
(Hurt, Rejected, Sad, Isolated, Ashamed, etc)

Attachment Needs (Belonging, Love, Connection, Worth)

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