

Negative Relationship Cycle

START: Triggering Event or Content

PARTNER ONE

Behaviors (reactive, protective, coping)

- 1) Pursuing with Anger: Arguing, complaining, hostility, jealousy, attacking, contempt, defensiveness, won't back down
- 2) Pursuing to Reconcile: Demands to continue conversation to resolve conflict and feel reassured, frequent calls/texts
- 3) Withdrawing to Feel Safe: Stop arguing to reduce conflict, apologize to smooth over, can lead to frustration & resentment
- 4) Withdrawing to Punish: Ignore, silent treatment, refuse to re-engage and resolve issue, vindictiveness, pettiness

"The Story" you tell yourself:

- 1) About yourself
- 2) About your partner
- 3) About the relationship

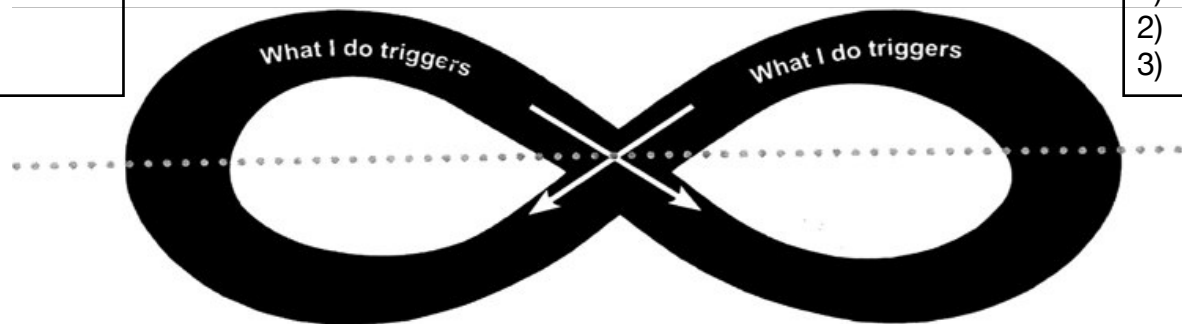
PARTNER TWO

Behaviors (reactive, protective, coping)

- 1) Pursuing with Anger: Arguing, complaining, hostility, jealousy, attacking, contempt, defensiveness, won't back down
- 2) Pursuing to Reconcile: Demands to continue conversation to resolve conflict and feel reassured, frequent calls/texts
- 3) Withdrawing to Feel Safe: Stop arguing to reduce conflict, apologize to smooth over, can lead to frustration & resentment
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Deep, Unrecognized Emotions (Primary)

- Felt senses in my body: Numb, frozen, hopeless
- Vulnerability, fear, hurt, shame, sadness, anger

Attachment Fears and Unmet Attachment Needs:

- Feel/Think: alone, abandoned, rejected, unworthy, unloved, unimportant, isolated, disconnected, afraid of being hurt again, vulnerable

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Healthy Relationship Cycle

Minimizes or shortens use of Secondary Emotions and Behaviors (Above the dotted line)

Communicates mostly about Primary Emotions and Attachment Fears/Needs (Below the dotted line)

Seeks to engage calmly and safely with partner

Seeks to meet partner's emotional and attachment needs