

OUR NEGATIVE CYCLE:

WHEN I AM UPSET BY YOU, WHEN WE ARE NOT GETTING ALONG, I FEEL (some feelings are on the surface, and some are deeper, less conscious feelings):

Angry, Pissed off	Sad
Alone, Abandoned	Disappointed
Justified in my anger	Like I have to figure this out myself
Frustrated by him/her	Deprived
Annoyed, Irritated	Despairing, Hopeless
Scared, frightened	Like I want to protect myself
Anxious	Hurt, Not heard, Not valued, Not important

WHAT I THEN DO IS (BEHAVIORS):

Criticize you, blame you
Interrupt you
Try to manipulate to get what I want from you
Yell, Attack, Say nasty things to you
Beg or Plead
Demand
Point out how you are letting me down or hurting me; try to get you to understand how you hurt me
Explain again and again what I want
Pull away, Withdraw, Give up
Refuse to talk to you
Get logical and point out how irrational you are
Find solutions, try to fix it so the conflict will stop or so that you won't be so upset or angry
Defend myself
Try to show why I am right and you are wrong
Justify my feelings and actions
Counter-criticize or counter-blame or counter-attack and say nasty things to you

I BEHAVE AS I DO (ABOVE) IN THE HOPE THAT (WHAT I LONG FOR IS):

BUT WHEN I DO THIS, YOU SEEM TO (CHOOSE FROM THE BEHAVIORS ABOVE):

WHEN YOU DO THIS, I FEEL (CHOOSE FROM THE SURFACE FEELINGS ABOVE):

THESE BEHAVIORS DON'T WORK. INSTEAD, WE GET STUCK IN THESE REPETITIVE CYCLES THAT UPSETS US BOTH.

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Adapted from: *Hold Me Tight*, Dr. Sue Johnson; Little, Brown & Company, NY 2008. (9/7/12)

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