

# The Workbook for Five-Minute Relationship Repair

Quickly Heal Upsets,  
Deepen Intimacy, and Use  
Differences to Strengthen Love

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NOTE — John and Susan are continuing to develop and refine their tools and worksheets. To get ongoing support, visit [www.fiveminuterelationshiprepair.com](http://www.fiveminuterelationshiprepair.com), where you can get free, printable versions of the exercises, lists, and appendices from their book. There you can also find additional clearing and communication tools, talks from the authors, demonstrations with couples, advanced training in the tools in their book, quizzes, checklists, interactive applications, and information about upcoming webinars to support your growth.

## Reactive Feelings

FOR CHAPTER 1 — Look at the following list, which groups reactive feelings into three categories of fight, flight, and freeze. The six words in each category can be thought of as different intensities of each state. Put a check next to any reactive feelings you experience in your relationship (present or past).

### Fight

- annoyed
- irritated
- frustrated
- angry
- resentful
- infuriated

### Flight

- nervous
- worried
- insecure
- anxious
- fearful
- panicked

### Freeze

- hopeless
- confused
- ashamed
- stuck
- numb
- paralyzed

FOR CHAPTER 8 — On the list above and do the following. To the right of any feeling you checked off, write what you do, that is, how you reactively behave when you feel this way. Select from the reactive behaviors you were instructed in chapter 8 to circle for yourself in this workbook's section titled "Reactive Behaviors" (page 8).

## Pause Agreement

If you both agree about the value of pausing, here is a formal contract that you can fill out together and sign. Choose a neutral signal and enter that below. It can be useful to have both a verbal signal (e.g. “Let’s pause for a moment”) and a non-verbal signal (e.g. like making a “T” with your hands to signal “time out”).

1. Our pause signal is \_\_\_\_\_ (examples: “I need to pause,” or “Time out”).
2. Each person’s job is to give our pause signal as soon as he or she detects reactivity or signs that one of us is triggered. It is our job to be alert for signs of distress and then quickly call for a pause.
3. When our pause signal is given, we both will stop talking. We will also cease any and all nonverbal reactive behaviors (such as rolling eyes or slamming doors). When possible, we will also offer each other the kind of reassurances of safety we know we each like (supportive touch, hugging, or simple reassuring words).
4. We will discuss and agree on how long a pause period is needed. The length will be determined by whoever needs the most time to calm down.
5. During our pause period, we each will calm and reassure ourselves that we are safe — that although we may still feel upset, there is really no tiger nearby. We will prepare ourselves to come back and engage in a constructive communication to repair what happened.
6. We will not use a pause to avoid issues. We will return to and repair each rupture caused by our reactivity. We will aim to resolve our issues in a way that is fair and works for both of us.

Signed,

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## Reactive Stories

What stories come up in your head when you get upset? The following list shows some of the more common stories that come up when there is distress in our love lives. Check off any stories that your mind has fabricated when you were triggered by a partner. Change the pronouns “he” and “she” to suit your situation.

- “I am all alone.”
- “He shuts me out.”
- “She is so distant.”
- “I am way down on the list.”
- “I always come last.”
- “He just doesn’t seem to care.”
- “My feelings don’t matter.”
- “We are never close anymore.”
- “She is not that into me.”
- “I am just not sure I matter.”
- “It’s like he doesn’t see me.”
- “I don’t know how to reach her.”
- “If I didn’t push, we’d never be close.”
- “He doesn’t really need me at all.”
- “Nothing I do is ever enough.”
- “She doesn’t appreciate me.”
- “I can never get it right, so I give up.”
- “I must be flawed somehow.”
- “I feel like a failure as a mate.”
- “It just all seems so hopeless.”
- “I try to keep everything calm.”
- “I try not to rock the boat.”
- “I go into my shell where it’s safe.”
- “I am just not as needy.”
- “She just gets overemotional.”
- “I can handle things on my own.”
- “I don’t know what he is talking about. We’re fine.”
- “I try to fix things, to solve the problem.”

Next, go over this list again and circle the three stories your mind comes up with most often. As we will see, our *reactive stories* misrepresent what is actually happening with our partner. As we realize this, the power of our self-triggering stories starts to fade, and we are able to experience our real feelings.

## Control Patterns

In the list below (pages 6-7), check off any behaviors you recognize in yourself. If you feel particularly courageous, ask your partner which of these behaviors he or she observes in you. An unconscious pattern may be invisible to you, but it can impact your partner and limit trust and intimacy. Most people find a dozen or more behaviors on this list that they recognize in themselves. Use this knowledge to identify how you may be unintentionally triggering reactivity or mistrust in your partner.

- Replying too quickly rather than taking in what was said
  - Obsessing over what you did wrong or might have done wrong
  - Obsessing about a decision you need to make
  - Before taking action, reviewing over and over what could go wrong
  - Taking action or jumping into a situation impulsively, without assessing consequences
  - Giving gifts or favors in order to win approval or acceptance
  - Anticipating a partner's needs as a way to avoid some imagined negative consequence
  - Trying to "help" or "improve" a situation or person instead of expressing your feelings
  - Making sacrifices for others, secretly hoping they'll do the same for you
  - Asking indirectly for what you want, as in, "Wouldn't *you* like to go out for dinner?"
  - Putting on an act in order to look good or maintain a positive image
  - Blaming your mood or emotional state on your partner
  - Justifying, overexplaining, or defending yourself when someone gets upset with you
  - Reframing things as "for the best" to avoid painful feelings (either your own or another's)
  - Retreating into a world of your imagination, fantasizing about "something better"
  - Lying or withholding information to keep the peace
  - Thinking "this is not a big deal" (to minimize or ignore an important issue)
  - Staying silent or saying, "I'm fine," or "Nothing's wrong," when you are displeased
  - Walking on eggshells to avoid upsetting a partner
  - When someone brings up a past upset, pushing to move forward and "let go" of the past
  - Agreeing too quickly before checking in with yourself about your own needs
  - Telling people what they want to hear, and suppressing your needs or opinions
  - Making a joke or cute remark in order to laugh off and avoid your real feelings
  - Assuming you hear criticism from others when someone does not meant to be critical
  - Suspecting hidden agendas and double messages, or doubting what you hear
  - Jumping to conclusions about what someone means
  - Framing a problem or issue in the most pessimistic or negative way
  - Giving more information or talking more than is asked for or needed
- (continued on next page)

- Filling up silences with irrelevant chatter
- Overgeneralizing as a conversational habit, talking in platitudes
- Instead of staying focused on one issue, elaborating a whole list of issues
- Giving advice or making helpful suggestions instead of just listening
- Taking a long time to say things, being “thorough,” covering all contingencies
- Bringing up the past and going over the same topic repeatedly
- Repeating what you’ve already said (when this is not needed)
- Telling others what they should do (instead of feeling how their actions affect you)
- Obsessing about how things should be or how the other person should be
- Lecturing or preaching with a superior tone
- Habitually correcting the other person, arguing the point, debating the facts
- Labeling, name-calling, or judging the other person (instead of feeling your upset)
- Acting angry, forceful, or indignant to get the upper hand
- Taking an “it’s my way or the highway” stance
- Using self-deprecating preambles, such as, “I’m no expert, but . . .”
- Questioning like an interrogator, demanding explanations
- Asking a question and then answering it yourself before the other has a chance
- Getting sullen or sulking, muttering to yourself
- Snickering or laughing to oneself in a judgmental or superior way
- Rationalizing, intellectualizing, or using logic to avoid emotions
- Protecting yourself from intrusions or demands by avoiding the other person

## Reactive Behaviors

In the following list of reactive behaviors, put a check next to any that you have employed during a time of distress in your relationship.

- Try to fix the problem with logic, solve it rationally
- Agree insincerely, placate
- Rationalize, intellectualize to avoid emotions
- Make a joke or cute remark, laugh it off
- Ignore, pretend it doesn't matter or you didn't hear
- Avoid, distance yourself
- Leave, walk out, move away
- Withdraw, hide out
- Act confused, freeze up, space out, shut down
- Correct other person, argue the point, debate
- Defend yourself
- Ridicule, get sarcastic
- Make insulting noises or faces, roll your eyes
- Talk over the other, interrupt
- Repeat yourself
- Get sullen or sulk
- Mutter to yourself
- Compare partner to someone "better"
- Label, judge, name-call
- Complain
- Criticize
- Lecture, teach, preach
- Pursue, push, pressure, prod, provoke
- Talk loudly in an anxious tone
- Interrogate, question, ask for explanations
- Try to prove you are right
- Attack or blame
- Yell, blow up
- Guilt trip

Now go over this list and circle your three most common behaviors — those that best portray how you usually operate when there is distress. If you aren't sure, think of how you have reacted when the three reactive stories you circled in the "Reactive Stories" section above (page 5).

Finally, underline the three behaviors in the list that represent what your partner does that triggers you the most. Make note of any connections you see between your three reactive stories and your partner's three most triggering behaviors. In this way, you can start to identify your particular reactive cycles.



## Spotting a Reactive Cycle

Write down your own three most-common reactive behaviors that you circled and the three reactive behaviors you underlined that your partner does. See if these behaviors can be paired. Does one of your partner's behaviors often trigger one of your common reactions? Fill in the following incomplete sentences for any behaviors that pair up in this way. For instance, "When my partner *ignores*, then I tend to *complain*."

When my partner \_\_\_\_\_ [insert your partner's *reactive behavior*],  
then I tend to \_\_\_\_\_ [insert your own *reactive behavior*].

When my partner \_\_\_\_\_ [insert your partner's *reactive behavior*],  
then I tend to \_\_\_\_\_ [insert your own *reactive behavior*].

When my partner \_\_\_\_\_ [insert your partner's *reactive behavior*],  
then I tend to \_\_\_\_\_ [insert your own *reactive behavior*].

## Your Typical Reactive Cycle

Look at the reactive cycle sentences you've filled in above and reverse them. For instance, reversing the sentence, "When my partner *ignores*, then I tend to *complain*," so that it becomes, "When I *complain*, then my partner tends to *ignore*." Do this reversal with each pair of reactive behaviors you identified.

If it makes more sense, combine behaviors to create a more comprehensive picture of a reactive cycle. For instance, "The more my partner *prods* or *criticizes*, then the more I *withdraw* or *shut down*. Conversely, the more I *withdraw* or *shut down*, then the more my partner *prods* or *criticizes*." Fill in the following sentences with your most common reactive cycle:

The more my partner \_\_\_\_\_ [insert your partner's *reactive behavior*],  
then the more I \_\_\_\_\_ [insert your own *reactive behavior*].

Conversely, the more I \_\_\_\_\_ [insert your same *reactive behavior*],  
then the more my partner \_\_\_\_\_ [insert your partner's same *reactive behavior*].

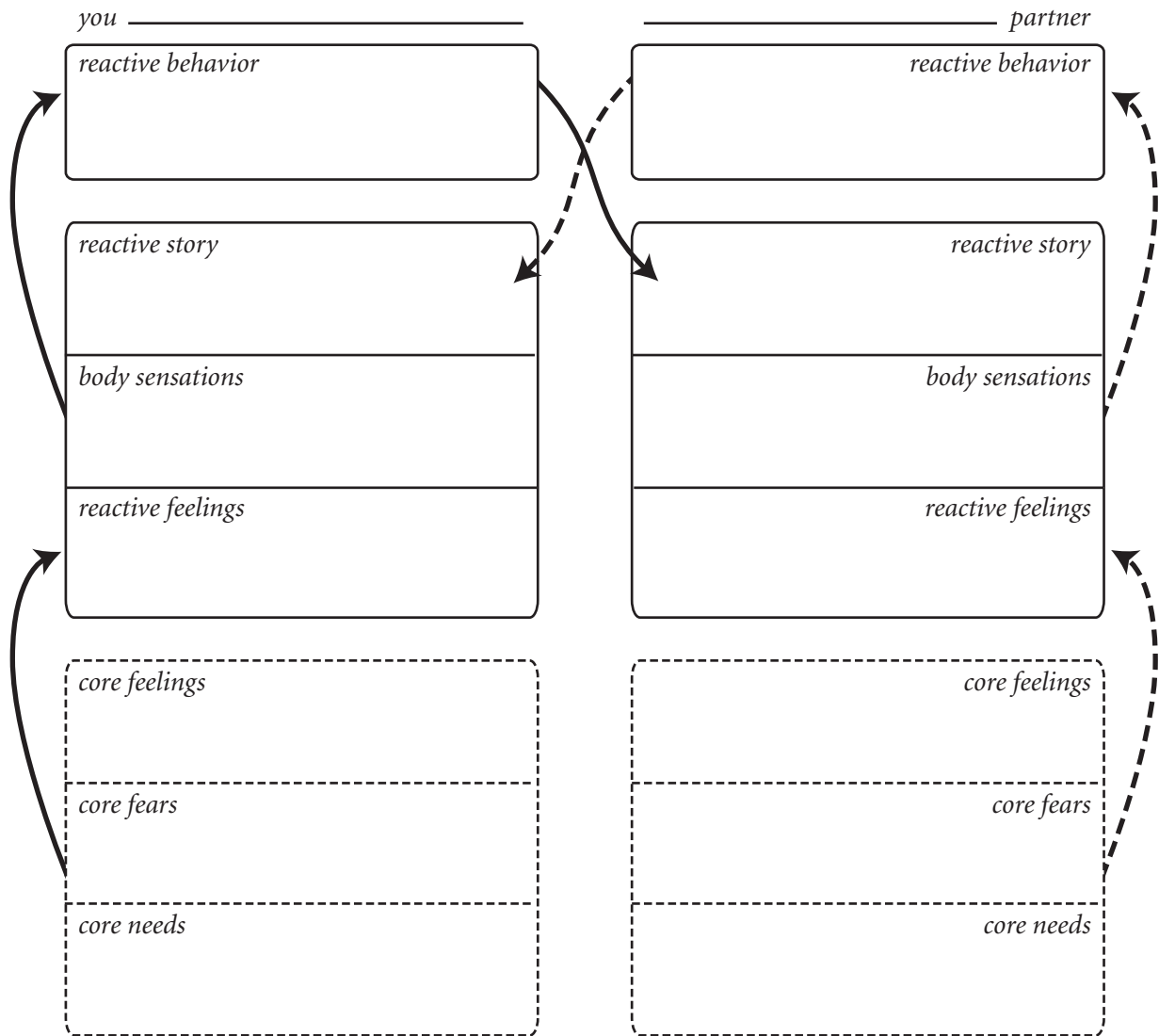
## Triggering Incident Analysis

Recall a specific reactive incident where the cycle of reactive behaviors you entered above on page 9 played out. Or if you don't recall one, you can use any specific incident where you got triggered, even if it doesn't fit that cycle. Choose a moderately upsetting incident rather than a really intense one. This will make it easier for you to step back and see your pattern. If you are doing this with your partner, pick the incident together.

- 1. Triggering Stimulus:** In one sentence, describe the specific words or actions your partner said or did that triggered your reaction. Be as objective as you can, describing what would be seen on a video recording
- 2. Your Reactive Behavior:** How did you react? This might be the reactive behavior that you named on page 9. However, if you are using a triggering incident that doesn't fit your cycle, choose the most appropriate item from the list of "Reactive Behaviors" in appendix B (page 17 of this workbook).
- 3. Your Partner's Reactive Behavior:** How did your partner react to your behavior (or continue to act)? This may be your partner's reactive behavior named on page 9. If not, select from "Reactive Behaviors" list (page 17).
- 4. Reactive Story:** What story came up in your mind to explain the meaning of what happened? Pick the closest story that matches from the list of "Reactive Stories" in appendix B (page 17).
- 5. Body Sensations:** As you recall what you heard and saw, sense how your body felt when you first got triggered. Notice the sensations in detail. See "Body Sensations" in appendix B (page 18).
- 6. Reactive Feelings:** What reactive feeling came up in you? Pick the closest feeling that matches from the list of "Reactive Feelings" in appendix B (page 17).
- 7. Core Feelings:** What were your softer core feelings underneath your reactive feelings? Feel deeply into your heart area, and pick one or two core feelings from the "Core Feelings" list in appendix B (page 18).
- 8. Core Fears:** What was at the root of your trigger? Pick one or two core fears that were activated. Your reactive story offers clues to your core fears. Pick one or two items from the "Core Fears" list in appendix B (page 18).
- 9. Core Needs:** What core attachment needs got stirred? Pick one or two core needs you feared were not being met from the "Core Needs" list in appendix B (page 18).

## Identify Your Reactive Cycle

Write your name above the left column and your partner's name above the right column. Then, fill in the left column with the pieces you identified for yourself on page 10. In the appropriate boxes, enter your own *reactive behavior*, *reactive story*, *body sensations*, *reactive feelings*, *core feelings*, *core fears*, and *core needs*. Next, if you have the information, enter your partner's pieces in the right column (or if you don't, guess what these are).



Follow the arrows and trace how when your partner acts a certain way, it triggers corresponding reactive stories, body sensations, and reactive feelings in you. Note how you then react with your reactive behaviors, and how this triggers the reactive stories, reactive feelings, and reactive behaviors in your partner. By tracing this progression and becoming conscious of it, you can begin to see how the *core* elements that drive your cycles — *core feelings*, *core fears*, and *core needs* — are hidden under the *reactive* parts. You can also begin to realize how your reactive stories mislead and self-trigger each of you into reacting even more.

## How We Unintentionally Scare Our Partner

To gain insight into how you might be unwittingly scaring (or triggering) your partner, answer the following questions. You can transfer the information in the chart you filled in above in the “Identify Your Reactive Cycle” section (page 11). Or you can start fresh and refer to the lists in appendix B (pages 17-18) to fill in your answers.

1. What *reactive behaviors* do you engage in that unintentionally “scare” your partner?
2. What *reactive story*, or fear story, might this scare your partner into believing is true?
3. Which *core needs* might your partner feel are unmet when you act this way?
4. What *core feelings* and *core fears* do you imagine your partner might be experiencing?

After you recognize how your actions scare (or trigger) your partner, then you can reveal your own core feelings and needs to help your partner feel more safe and connected with you. Let your partner know what is really going on inside of you, underneath your reactive behaviors, with the following statement.

## Safety Statement to Your Partner

Complete the following sentences using the information you’ve identified above (or by finding appropriate items in appendix B).

“I want to heal our reactive cycle. When we’re in it, I probably trigger you when I \_\_\_\_\_  
 \_\_\_\_\_ [insert your *reactive behavior*].

“I realize this scares you into thinking \_\_\_\_\_ [your partner’s *reactive story*].

“I want to disclose what is really happening in me when I do this. No matter what it looks like to you, deep down inside I’m feeling afraid \_\_\_\_\_ [your *core fears*].

“What I need more than anything is to feel \_\_\_\_\_ [your *core needs*].

“It is not my intention to scare you, upset you, or have you feel unsafe with me. If I were not in a triggered state, I would tell you my needs and my fears instead of going on automatic. I want us to learn to pause whenever we are triggered.

“So, could we pause and help each other calm down instead of continuing to react? And, would you be willing to learn with me how to repair the damage that results from our reactive cycle?”

If you are doing this with your partner, take turns saying this statement to each other. Read your statement slowly, one line at a time, delivering each line while looking into your partner’s eyes. If you have a partner who is not reading this with you, consider saying it to him or her anyway. When you get to the last two questions, just wait for an answer. If you are single, imagine doing this exercise with a past (or future) partner in mind.

## Repair Statement Script

Start by thinking of a specific, recent time you and your partner fell into a reactive cycle, and fill in the blanks to finish the sentences in the statement below. Either use the reactive incident you identified when making the chart about your reactive cycle above (page 11) or use a different incident. For practice, choose an incident that was only moderately upsetting. The same pieces from the reactive cycle chart are used in the script below. If you are repairing a new or different incident, then identify each piece, by selecting items from the lists in appendix B (pages 17-18).

It is more powerful to keep things simple. The less words the better. So in this script, restrict yourself to filling in just one item per blank line. If there is more than one item you could enter, choose the stronger one. For instance, if you could name two core fears in the script below, just put in the one that feels the strongest.

“I’d like to repair something with you. Is this a good time?”

“I got triggered when I heard you say (or saw you do) \_\_\_\_\_

\_\_\_\_\_

[name your partner’s specific words or actions].

“A story came up in my mind that \_\_\_\_\_

[describe your *reactive story*].

“I reacted by \_\_\_\_\_

[describe your *reactive behavior*].

“But deep down inside, I felt \_\_\_\_\_

[name your *core feeling*].

“A fear came up in me that \_\_\_\_\_

[name your *core fear*].

“What I needed more than anything was to feel \_\_\_\_\_

[name your *core need*].

“I am sorry I reacted that way and would like to take it back.

“If I could do it over again, I would have told you that I was feeling \_\_\_\_\_

[repeat your *core feeling* and *core fear*].

“And I would have asked for reassurance that \_\_\_\_\_

[repeat your *core need*].”

Now is a good time to start using this tool to repair reactive incidents in your relationship. Above, you filled out a Repair Statement for a particular past incident. If you are doing this with your partner, the following exercise will guide you to use these in a full two-way Five-Minute Relationship Repair process.

Start by printing out two blank copies of appendix A, one for you and one for your partner. Next, each of you transfer the information you entered above into the identical “Repair Statement” script in appendix A. The advantage of using appendix A is that, all in one place, it also guides you through the steps for being a responsive listener to your partner’s Repair Statement.

## Reasons We Fear Being Vulnerable

Put a check next to any reasons on the list below you have felt made it hard for you to be vulnerable.

- It feels awkward and uncomfortable.
- I feel too self-conscious.
- It is embarrassing.
- I'd be judged negatively.
- I'm supposed to be perfect.
- Real men don't cry or show fear.
- My feelings don't matter.
- I wouldn't be taken care of anyway.
- It wouldn't do any good.
- My partner would feel obligated.
- My partner is incapable of meeting me.
- My partner's response wouldn't satisfy me.
- I can take care of myself.
- I'd be laughed at or dismissed.
- I'd be rejected.
- I'd get abandoned.
- It makes me look too needy.
- It shows weakness.
- It makes me feel small.
- I'd be taken advantage of if my partner knew.
- It exposes my inadequacy and flaws
- It feels out of control.
- I need to be strong.
- I'd be giving up power.
- I'd lose respect.
- My partner would gain leverage.
- I'd feel like less than equal.
- It would be used against me.
- I'm trained to succeed and win.
- It means I'm a loser.
- Vulnerable feelings are for wimps.
- I'm afraid to look that deep inside.
- It will make things worse.
- It feels humiliating.

If you are doing this with a partner, go through this list and share your fears around being vulnerable. Discuss how it could become more possible to engage in transparent and vulnerable communication together. Take some time and reassure each other regarding any fears or blocks you may have. Reassure each other that it is safe to be vulnerable in this relationship. Look into your partner's eyes when you speak.

## Appendix A: The Five-Minute Repair Process

### *The Repair Statement*

To fill in the blanks in the Repair Statement, see the appropriate categories in the appendix B reference lists.

“I’d like to repair something with you. Is this a good time?”

“I got triggered when I heard you say (or saw you do) \_\_\_\_\_

\_\_\_\_\_

[name your partner’s specific words or actions].

“A story came up in my mind that \_\_\_\_\_

[describe your *reactive story*].

“I reacted by \_\_\_\_\_

[describe your *reactive behavior*].

“But deep down inside, I felt \_\_\_\_\_

[name your *core feeling*].

“A fear came up in me that \_\_\_\_\_

[name your *core fear*].

“What I needed more than anything was to feel \_\_\_\_\_

[name your *core need*].

“I am sorry I reacted that way and would like to take it back.

“If I could do it over again, I would have told you that I was feeling \_\_\_\_\_

[repeat your *core feeling* and *core fear*].

“And I would have asked for reassurance that \_\_\_\_\_

[repeat your *core need*].”

### *The Repair Process*

Decide who will be the first talker, and who will listen and respond. Each of you will have a turn to present your Repair Statement as the other listens. There may be a reason why one of you should go first, or simply make a choice together. Sit face-to-face, in a way you can give each other supportive touch by holding hands, touching knees, or such. Take a few breaths together to calm and center yourselves. Spend an additional moment sensing how the chair holds you. Gaze into each other’s eyes in silence.

When you both feel calm and ready, start the process by one of you presenting your Repair Statement. As the talker, read each line slowly, delivering it directly into your partner’s eyes. Watch and wait to see your partner take in that line before looking at your script for your next line. If you are the listener, offer your silent presence, curiosity, and empathy to take in what your partner is saying. After the Repair Statement has been fully delivered, then if you are the listener, do the three steps shown in the “Reassuring Response” script (page 16).

### *The Reassuring Response*

STEP 1 — As a listener, when offering a reassuring response, first repeat back what you heard your partner say. Specifically mention the core feeling, core fear and core need your partner revealed in the last part of his or her statement. With an attitude of understanding and empathy, say to your partner something like the following:

“What I heard you say was that you felt \_\_\_\_\_  
[repeat your partner’s *core feeling* and *core fear*].

“And you needed reassurance that \_\_\_\_\_  
[repeat your partner’s *core need*].”

As you do this, take your time. The slower and more deliberately you go, the more powerful the process will be. Use the actual words your partner said, leaving out your own interpretations, stories, corrections, judgments, disputes, and self-defense. Follow your recap with the question:

“Did I get everything you said? Is there anything you want to correct or add?”

If your partner reports that you missed something, simply try again until he or she is satisfied.

STEP 2 — Once your partner feels you understand his or her core feeling, fear, and need, then deliver a simple apology. Remember, an apology is a way of saying “I care how you feel and how I affect you.” It is not about blame, finding fault, or admitting you are a “bad” person (as most of us were trained to think it was in childhood). Using supportive touch, look into your partner’s eyes, and speak in a soothing, slow voice. Say something like:

“I’m so sorry I hurt you.”

Wait for half a minute to see that it is fully taken in. Watch for any facial shifts that indicate you have reached your partner on an emotional level. Repeat your simple apology to deepen its healing effect.

STEP 3 — Finally, deliver a message that best reassures the core fears and needs your partner revealed in the Repair Statement. Look into his or her eyes and slowly deliver a reassuring message like those below. Figuring out the phrase that best matches your partner’s needs may be a trail-and-error process. The more you engage in this process, the more you will understand exactly what reassures your partner to feel secure with you. As with the apology, repeat your reassuring phrase three times, with half-minute pauses in between. Keep it simple. Each time deliver it more deeply. Watch your partner’s face for signs of how deeply your message is received.

“You’re the most important person in my life.”  
“You are more important to me than anything.”  
“I need you very much.”  
“I can’t imagine life without you.”  
“I’ll never leave you.”  
“You can’t get rid of me.”  
“I’m in this for the long haul.”  
“I care deeply how you feel.”  
“Your happiness is very important to me.”

“You are great just the way you are.”  
“I feel lucky to have found you.”  
“You’re the most wonderful partner in the world.”  
“You’re the best thing that ever happened to me.”  
“You are more than good enough.”  
“You are irreplaceable.”  
“You are my hero.”  
“I love you just the way you are.”  
“I appreciate you for all you do for me and us.”



## Appendix B: Reference Lists of Reactive Cycle Elements

### *Reactive Behaviors*

- ❖ Try to fix the problem with logic, solve it rationally
- ❖ Agree insincerely, placate
- ❖ Rationalize, intellectualize to avoid emotions
- ❖ Make a joke or cute remark, laugh it off
- ❖ Ignore, pretend it doesn't matter or you didn't hear
- ❖ Avoid, distance yourself
- ❖ Leave, walk out, move away
- ❖ Withdraw, hide out
- ❖ Act confused, freeze up, space out, shut down
- ❖ Correct other person, argue the point, debate
- ❖ Defend yourself
- ❖ Ridicule, get sarcastic
- ❖ Make insulting noises or faces, roll your eyes
- ❖ Talk over the other, interrupt
- ❖ Repeat yourself
- ❖ Get sullen or sulk, mutter to yourself
- ❖ Compare partner to someone "better"
- ❖ Label, judge, name-call
- ❖ Complain
- ❖ Criticize
- ❖ Lecture, teach, preach
- ❖ Pursue, push, pressure, prod, provoke
- ❖ Talk loudly in an anxious tone
- ❖ Interrogate, question, ask for explanations
- ❖ Try to prove you are right
- ❖ Attack or blame
- ❖ Yell, blow up
- ❖ Guilt trip

### *Reactive Stories* (change "he" and "she" to suit your situation)

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>"I am all alone."</li> <li>"He shuts me out."</li> <li>"She is so distant."</li> <li>"I am way down on the list."</li> <li>"I always come last."</li> <li>"He just doesn't seem to care."</li> <li>"My feelings don't matter."</li> <li>"We never are close anymore."</li> <li>"She is not that into me."</li> <li>"I am just not sure I matter."</li> <li>"It's like he doesn't see me."</li> <li>"I don't know how to reach her."</li> <li>"If I didn't push, we'd never be close."</li> <li>"He doesn't really need me at all."</li> </ul> | <ul style="list-style-type: none"> <li>"Nothing I do is ever enough."</li> <li>"She doesn't appreciate me."</li> <li>"I can never get it right, so I give up."</li> <li>"I must be flawed somehow."</li> <li>"I feel like a failure as a mate."</li> <li>"It just all seems so hopeless."</li> <li>"I try to keep everything calm."</li> <li>"I try not to rock the boat."</li> <li>"I go into my shell where it's safe."</li> <li>"I am just not as needy."</li> <li>"She gets overemotional."</li> <li>"I can handle things on my own."</li> <li>"I don't know what he is saying, we are fine."</li> <li>"I try to fix things, to solve the problem."</li> </ul> |
|--|--|

### *Reactive Feelings* (these 3 columns correspond to the states of fight, flight and freeze)

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>❖ annoyed</li> <li>❖ irritated</li> <li>❖ frustrated</li> <li>❖ angry</li> <li>❖ resentful</li> <li>❖ infuriated</li> </ul> | <ul style="list-style-type: none"> <li>❖ nervous</li> <li>❖ worried</li> <li>❖ insecure</li> <li>❖ anxious</li> <li>❖ fearful</li> <li>❖ panicked</li> </ul> | <ul style="list-style-type: none"> <li>❖ hopeless</li> <li>❖ confused</li> <li>❖ ashamed</li> <li>❖ stuck</li> <li>❖ numb</li> <li>❖ paralyzed</li> </ul> |
|--|--|---|

*Body Sensations* (the following are examples of common sensations)

- ❖ a knot in your stomach
- ❖ feeling heat or coldness
- ❖ a tightness somewhere
- ❖ a constriction or pounding in chest or belly
- ❖ a lump in your throat
- ❖ a weight on your shoulders
- ❖ a heavy feeling
- ❖ a fluttering sensation
- ❖ a pain in your heart
- ❖ shakiness
- ❖ pressure
- ❖ tension

*Core Feelings*

- ❖ sad
- ❖ hurt
- ❖ pained
- ❖ grief-stricken
- ❖ lonely

*Core Fears*

“I’m afraid of being . . .”

- ❖ abandoned
- ❖ rejected
- ❖ left
- ❖ all alone
- ❖ unneeded
- ❖ insignificant
- ❖ invisible
- ❖ ignored
- ❖ unimportant
- ❖ flawed
- ❖ blamed
- ❖ not good enough
- ❖ inadequate
- ❖ a failure
- ❖ unlovable
- ❖ controlled
- ❖ trapped
- ❖ overwhelmed
- ❖ suffocated
- ❖ out of control
- ❖ helpless
- ❖ weak

*Core Needs*

“I need to feel . . .”

- ❖ connected to you
- ❖ accepted by you
- ❖ valued by you
- ❖ appreciated by you
- ❖ respected by you
- ❖ needed by you
- ❖ that you care about me
- ❖ that I matter to you
- ❖ that we are a team
- ❖ that I can count on you
- ❖ that I can reach out for you
- ❖ that you’ll comfort me if I’m in distress
- ❖ that you’ll be there if I need you