

Understanding my Relationship/Reactivity Pattern Flow Chart

“I notice I have a reaction when _____”

(You're late, and don't call/ You interrupt me when I talk / You come home and don't pay attention to me/ You criticize my cooking, driving, dressing, looks, etc...)

“The feelings that emerge are _____”

(Anger, Frustration, Cheated, Fear, Annoyance, Sadness, etc.)

“I react by _____”

(Sulking, Shutting Down, Lashing Out, Driving Recklessly, Being Sarcastic, etc.)

“The ‘movie’ I project is (the story I make up) _____”

(You don't care, You don't value me, You are more interested in other things, other people, etc.)

“My underlying fear is... _____”

(I will be abandoned, I am unworthy, I will be ignored, I will be dominated, I will be humiliated, etc.)

“What that reminds me of in childhood is _____”

(Interactions with or between caregivers, siblings, teachers, peers, etc.)

“The way I long to feel is... _____”

(Safe and Secure, Valued, Special, Competent, Loved, Attended To, Acknowledged, Loving, Connected, etc.)