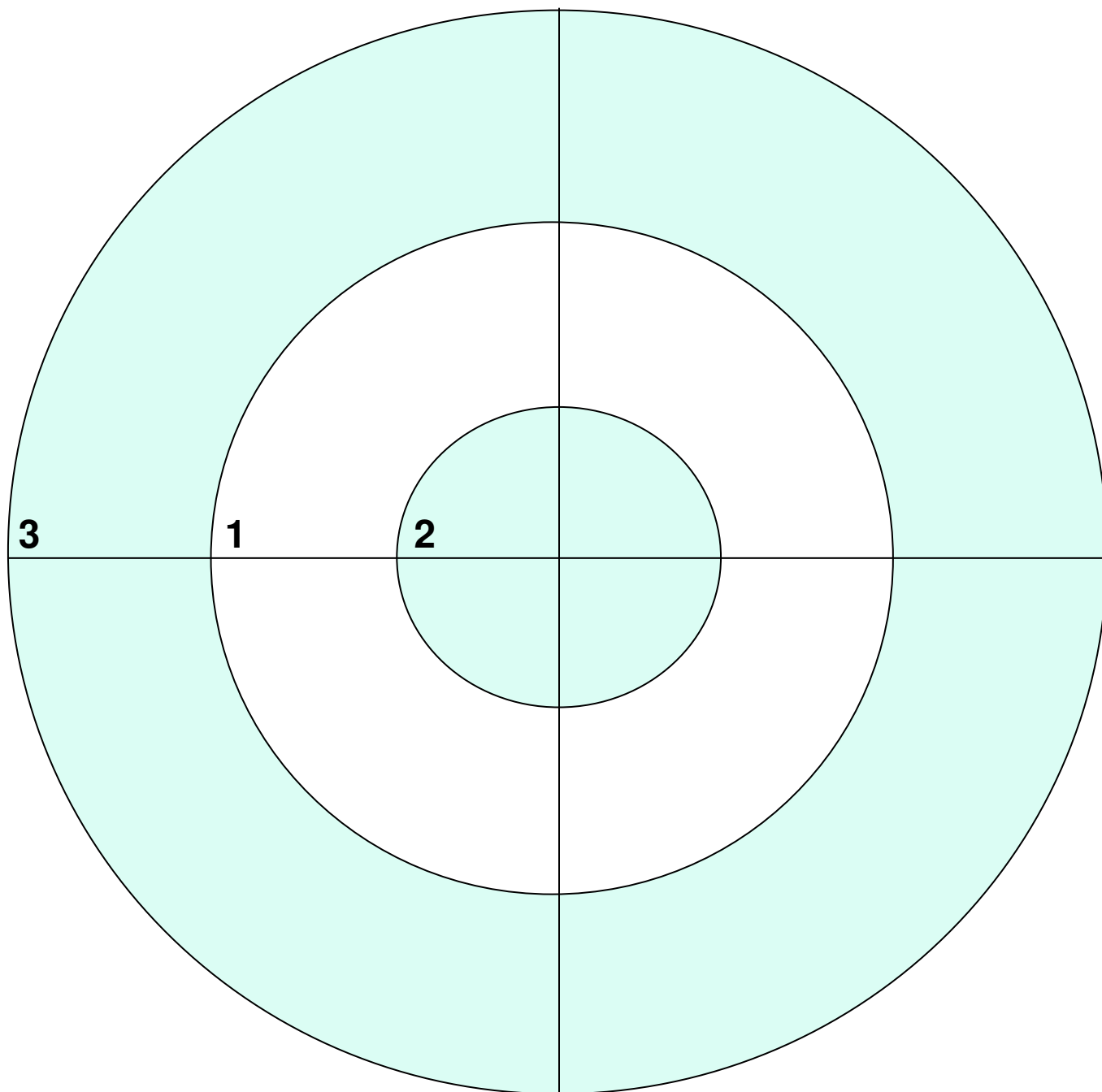


# Uncovering and Changing Negative Patterns

Name: \_\_\_\_\_



1. When I am at my worst during conflict with my partner, I tend to \_\_\_\_\_ (*behavior*)

2. The **fear** that is hardest to let my partner see when I am at my worst is \_\_\_\_\_ (*fear*)

- |  |   |
|--|---|
| <input type="checkbox"/> Being abandoned       | <input type="checkbox"/> Being rejected     |
| <input type="checkbox"/> Being smothered       | <input type="checkbox"/> Being disrespected |
| <input type="checkbox"/> Not being loved       | <input type="checkbox"/> Being controlled   |
| <input type="checkbox"/> Not being accepted    | <input type="checkbox"/> Being shamed       |
| <input type="checkbox"/> Not being understood  | <input type="checkbox"/> Not measuring up   |
| <input type="checkbox"/> Not being listened to | <input type="checkbox"/> Being a failure    |
| <input type="checkbox"/> Other? _____          |   |

3. What I want to do instead of being at my worst is \_\_\_\_\_ (*behavior*)