



Name Here

Name Here

Reactive Behaviors/Actions

Hurting Cycle
Self-Preservation

Reactive Behaviors/Actions

Perceptions/Messages About:

Yourself:
Your Partner:
Your Relationship:

Perceptions/Messages About:

Yourself:
Your Partner:
Your Relationship:

Reactive Emotions & Body Felt Sense
Push Loved One Away

Reactive Emotions & Body Felt Sense
Push Loved One Away



Primary Emotions
Pull Loved One In

Healing Cycle
Couple Preservation

Primary Emotions
Pull Loved One In



Values/What I Long/Need for in the Relationship

Fears



- Rejection
- Not measuring up
- Unlovable
- Losing Partner
- Abandonment
- Failure
- Not accepted
- Others:

Name Here

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- Acceptance
- Safety
- Love
- Comfort
- Appreciation
- Closeness
- Trust
- Care
- Understanding
- Others:



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