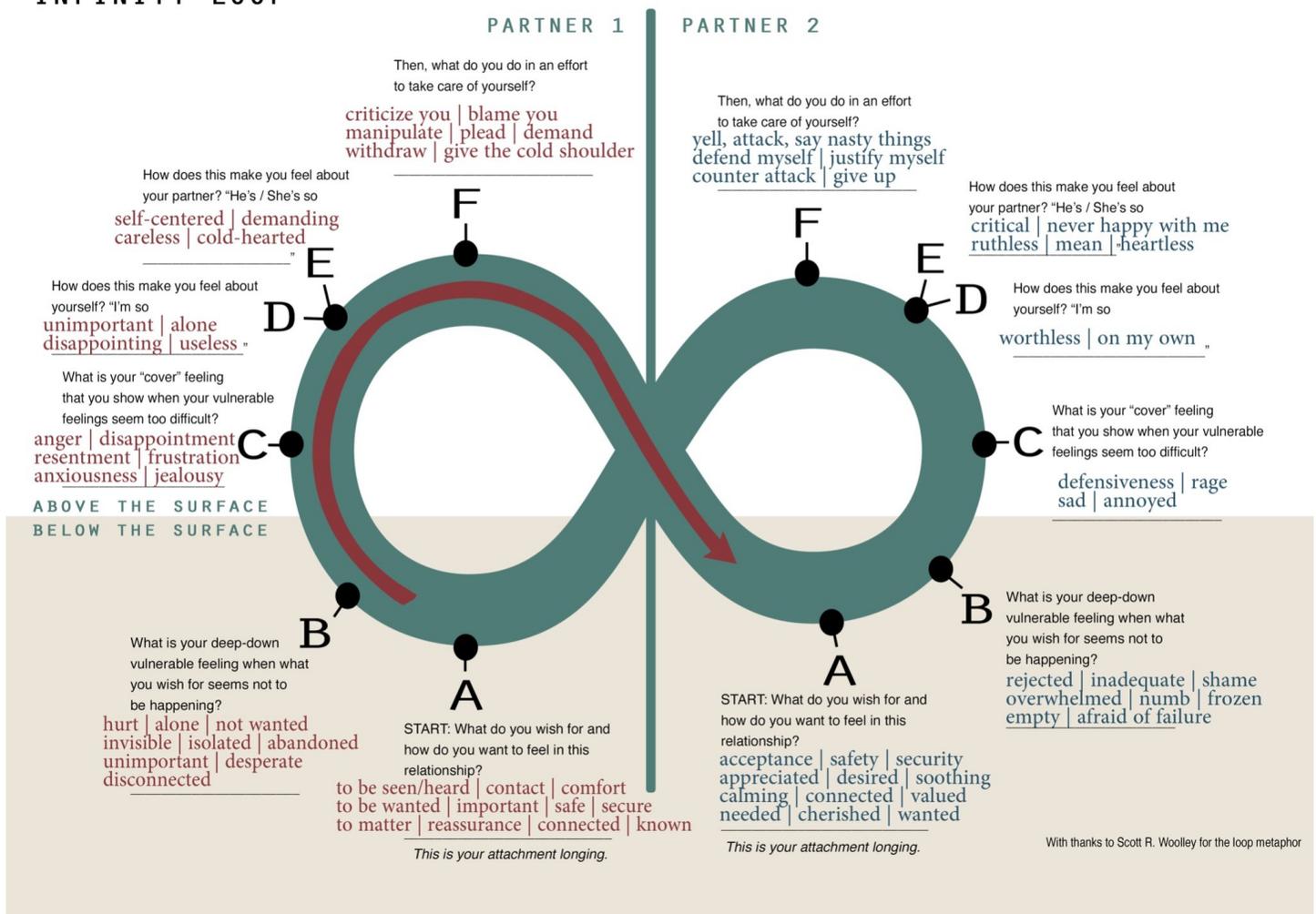


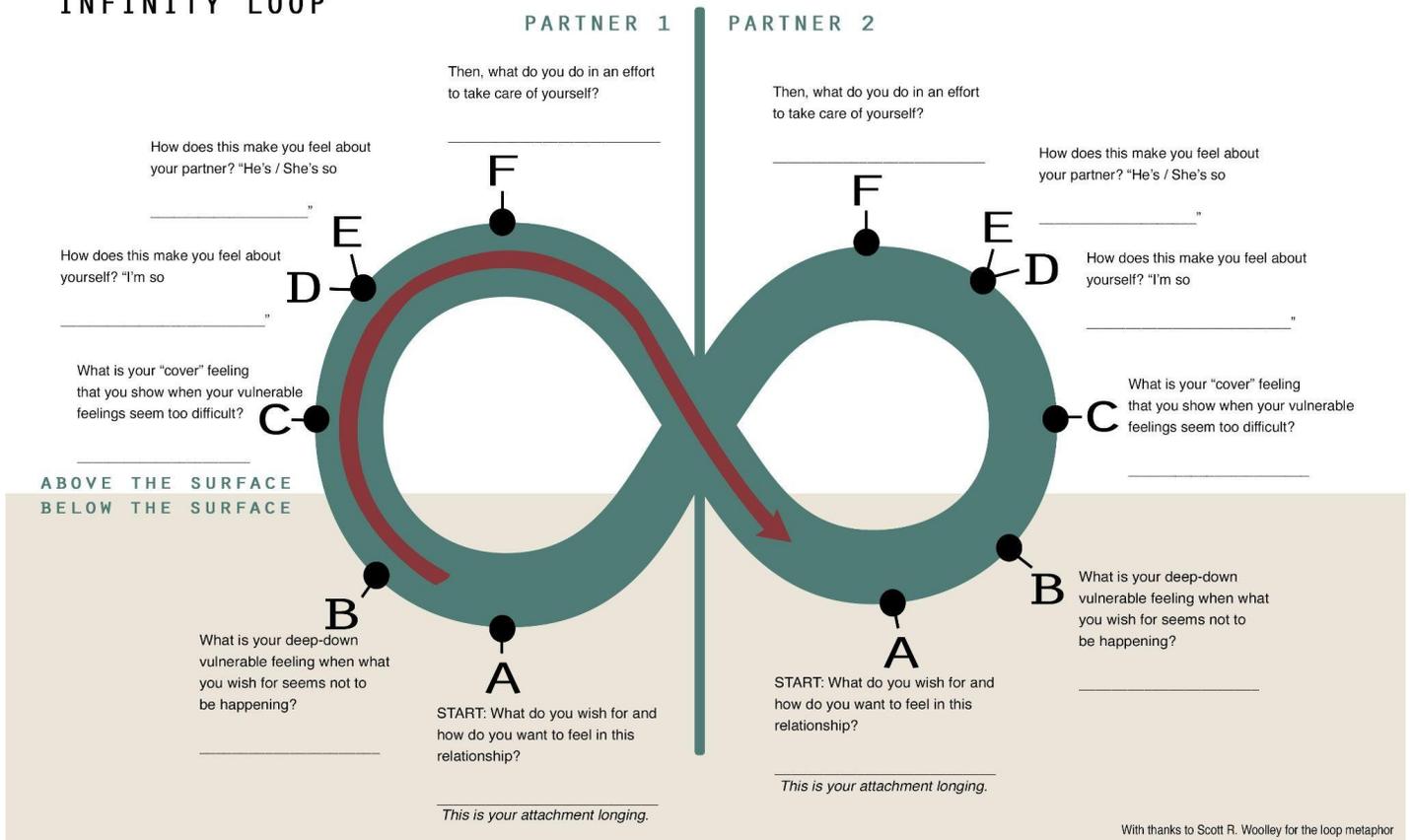
OUR CONFLICT CYCLE:

Below is a visual of the Conflict Cycle. Using this cycle as a guide, fill in the cycle on the following page to view your conflict in a whole new light. The prompts located in the following pages can be used as a structure for a positive and productive conversation between you and your partner. You will be able to tell where you trigger each other, and identify what's going on under the surface. You may find the conflict cycle easier to create after completing the prompts. This will be a game changer when applied to your relationship. If you need more personalized help with this, sign up for a free mini session with Brett on www.pivotalapproach.com/coaching

INFINITY LOOP



INFINITY LOOP



Partner 1: B	Partner 1: A	Partner 2: A	Partner 2: B
Hurt, alone, not-wanted Invisible, isolated, abandoned, unimportant, desperate, disconnected	To be seen/heard, contact, comforted, to be wanted, to be important, safe, secure, to matter, reassurance, Connected, known	Acceptance, safety, security, appreciated, desired, soothing, calming, connected, Valued, needed, cherished, wanted	Rejected, inadequate, shame, overwhelmed, numb, frozen, empty, afraid of failure

Remember, the prompts on the following pages can be used as a structure for a positive and productive conversation between you and your partner and may make filling out this cycle a much easier task. If you need more personalized help with this, sign up for a free mini session with Brett on www.pivotalapproach.com/coaching

A.) Look at this list of attachment longings, identify which one you closest to your need/desire.

Desired	Connected	Prioritized
Needed	Validated	Safe
Loved	Accepted	Appreciated
Cared for	Secure	Valued
Important	Trusted	Cherished
Wanted	Seen/known	

Practice using it in one of the following:

- 1.) I want to feel _____ in our relationship.
- 2.) I need _____ in our relationship.

B.) When I am triggered, upset, or my needs are not being met, the deep down painful feeling that can be hard to identify is:

Hurt	Isolated	Shame
Alone	Unimportant	Overwhelmed
Not wanted	Desperate	Numb
Abandoned	Disconnected	Frozen
Deprived	Rejected	Empty
Invisible	Inadequate	Afraid of failure

C.) When my vulnerable feelings seem too difficult, the “cover” or surface feeling that I feel or show instead is:

Anger	Pissed off	Jealousy
Disappointment	Sad	Anxiousness
Frustrated	Resentful	
Defensiveness	Rage	

D.) What I think about me is:

- I feel like I am not important to you.
- I feel like I have to figure this out on my own.

I feel I am a total disappointment to you.

I feel _____.

E.) What I think about you is:

You are so self-centered.

You are so demanding/critical.

You don't care.

You are never happy with me.

He/She _____.

F. What I do to try take care of myself that then triggers you is:

criticize you

blame 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, or try to get you to understand how you hurt me again

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 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 counterattack and say nasty things to you

I behave as I do (above) in the hope that my need/desire is met. But when I do this, you seem to (choose from the behaviors above):

When you do this, I feel _____ (choose from the surface feelings in C)

These behaviors don't work, instead, we get stuck in these repetitive cycles that upset us both.

HOW TO BREAK YOUR CONFLICT CYCLE:

De-Escalate:

1.) Identify emotions, and communicate
When I am upset, I feel _____.

2.) Try one of the following statements:
I realize we are beginning a negative cycle, and I am contributing to it.
I would like to feel safe and close to you, rather than distant.
I realize I am wrapped up in my own needs and a desire to protect myself. I'd like to shift to protecting you and us.
I commit to showing you empathy and support, even when I am upset too.

3.) When I've done these things, you seem _____.
When I see you de-escalating things and assuring me of your affection, I feel _____.