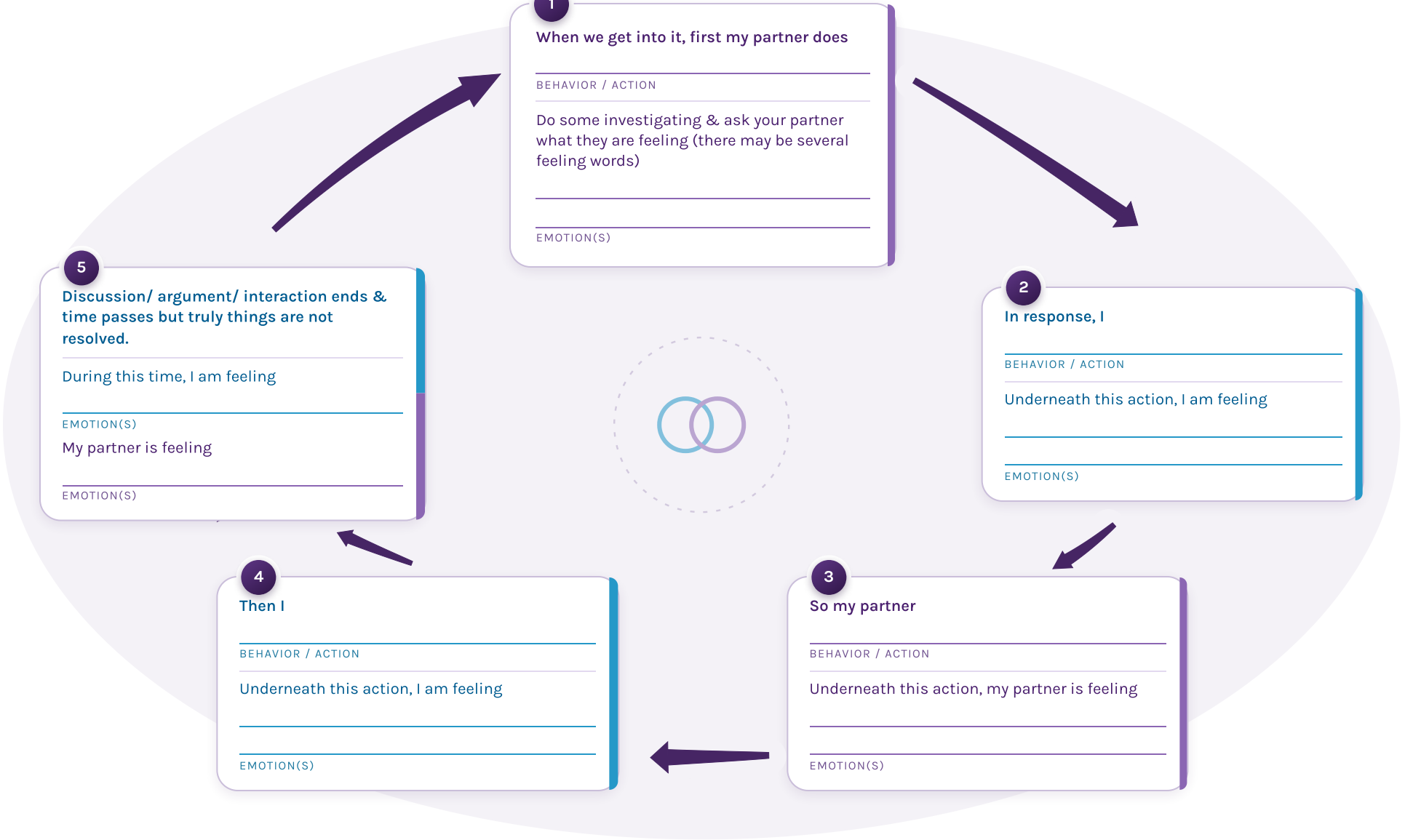
Our Cycle

Mapping the pattern we fall into together

THINK ABOUT THE CYCLE

PARTNER A PARTNER B

Think of a recent interaction that felt familiar or emotionally charged, then fill out the purple and blue blanks in the cycle chart below.
Focus on what actually happens, rather than what you wish had happened.



1

When we get into it, first my partner does

BEHAVIOR / ACTION

Do some investigating & ask your partner what they are feeling (there may be several feeling words)

EMOTION(S)

2

In response, I

BEHAVIOR / ACTION

Underneath this action, I am feeling

EMOTION(S)

3

So my partner

BEHAVIOR / ACTION

Underneath this action, my partner is feeling

EMOTION(S)

4

Then I

BEHAVIOR / ACTION

Underneath this action, I am feeling

EMOTION(S)

5

Discussion/ argument/ interaction ends & time passes but truly things are not resolved.

During this time, I am feeling

EMOTION(S)

My partner is feeling

EMOTION(S)

Simplify the Cycle

If I had to simplify the cycle above, what is the two-step pattern that exists between us? This might answer the question:

"The more I _____, the more my partner _____."

Look for the Link

My behavior tends to bring out _____ in my partner.

My partner's behavior tends to bring out _____ in me.

The more I _____, the more my partner _____.

Putting It All Together

Which of my core wounds are triggered in this cycle?

What does my nervous system seem to be trying to protect me from?

What emotions do I commonly experience in this cycle?

What does my partner's behavior seem to communicate to my nervous system?

What protective behaviors do I tend to use?

- [ ] Fight
- [ ] Flight
- [ ] Freeze / Shutdown
- [ ] Fawn / Appease
- [ ] Forfeit

What pattern do I notice when I put all of this together?