

HOW TO STOP NEGATIVE CYCLE OF CONFLICT



INTRODUCTION

This guide will help you and your spouse be able to identify and stop the negative cycle that is destroying your relationship.





HOW TO USE THIS WORKBOOK

Fill out the questions to the best of your ability on next pages. After you fill out the questions, you and your spouse take turns sharing with each other your answers.

The first step to changing this pattern is to identify what triggers it in order for us to heal and change the triggers in the future.

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STEP 1 - IDENTIFY YOUR TRIGGERS

**When you _____, I don't feel safely
connected to you.**

Be specific with the trigger. The more specific the better for this exercise.

- When you roll your eyes, when saying no to sex.
- When you say I am a bad dad in a harsh tone
- When you say you want a divorce me and it was a mistake to ever marry me
- When you tell me i don't care about you
- When you don't tell me the truth about your drinking
- When i try to tell you how i am feeling and you walk away

STEP 2 - IDENTIFY THE MEANING OF THE TRIGGER

What I then say to myself about our relationship is _____.

Summarize the most catastrophic conclusion you can imagine. Ex.

You don't love me anymore

I am not important to you

I don't matter to you

I am not enough for you

I am a failure

I am a loser





STEP 3 - IDENTIFY YOUR PROTECTIVE ACTION

I tend to _____, I move this way in our cycle to try to cope with difficult feelings and find a way to change our cycle.

Choose a action word...

- I complain
- i criticize you
- I ask alot of questions
- I walk away
- I get defensive
- I leave the house
- I yell and scream at you

STEP 4 - IDENTIFY PARTNERS PROTECTIVE MOVE

My understanding of this cycle that makes it harder and harder for us to safely connect is that when i move in the way I described above, you seem to_____.

Choose an action word...

- You walk away
- You get defensive
- You get critical
- You get angry





STEP 5 -PUTTING IT ALL TOGETHER

The more I _____, the more you _____. We are both trapped in pain and isolation.

Insert verbs that describe your own and your partners moves in your cycle.

STEP 6- NAMING YOUR CYCLE

Maybe we can warn each other when this cycle begins. We can call it_____ . Seeing this cycle as enemy is first step out of the circle of disconnection.

Choose a name.

- The cycle
- The tornado
- Old pattern
- Nuclear warfare





CONCLUSION

Once you and your partner can identify these negative cycles and recognize that they trap both of you, you are ready to learn how to eliminate the cycles from happening in your relationship. The more you can understand and discuss openly about your cycles is the first step to eliminating these cycles from your relationship.