

FILL-IN-THE-PATTERN COUPLES EXERCISE



Welcome to another episode of our hit series:

“ _____ ” (the fight *title*)

It all started when my partner _____
_____ (the *thing that sets me off*).

I suddenly felt _____.

My mind flooded with unhelpful automatic thoughts like...

_____,
_____, and _____.

Before I even knew it, I reacted by _____.

My partner then seemed to be feeling _____

and started saying _____,

and doing the usual... _____.

This made me feel even more _____,

and I doubled down by _____.

We were supposed to be on the same team, but felt miles apart.

Even though I really wanted my partner to _____

_____ (behavior),

they seemed to be feeling more and more _____,

and became even more _____

_____ (actions).

And just like that... we ended up in the same old pattern where we both

_____ (outcome).

FILL-IN-THE-PATTERN



After we took a 30-minute break to cool down, I realized that my actions must have made my partner feel _____ and think _____.

So I slowed myself down and grounded myself in the present moment by _____.

Instead of assuming the worst, I practiced assuming the best. Maybe my partner was not trying to hurt me. Maybe they were feeling _____, needing _____.

Then I softened toward them by remembering something I appreciate. I came back and said:

“Thank you for _____.”

This helped me reconnect with the part of me that still cares, even though we had been upset. Then I empowered the team by choosing one action I could take differently. I said:

“I will _____.”

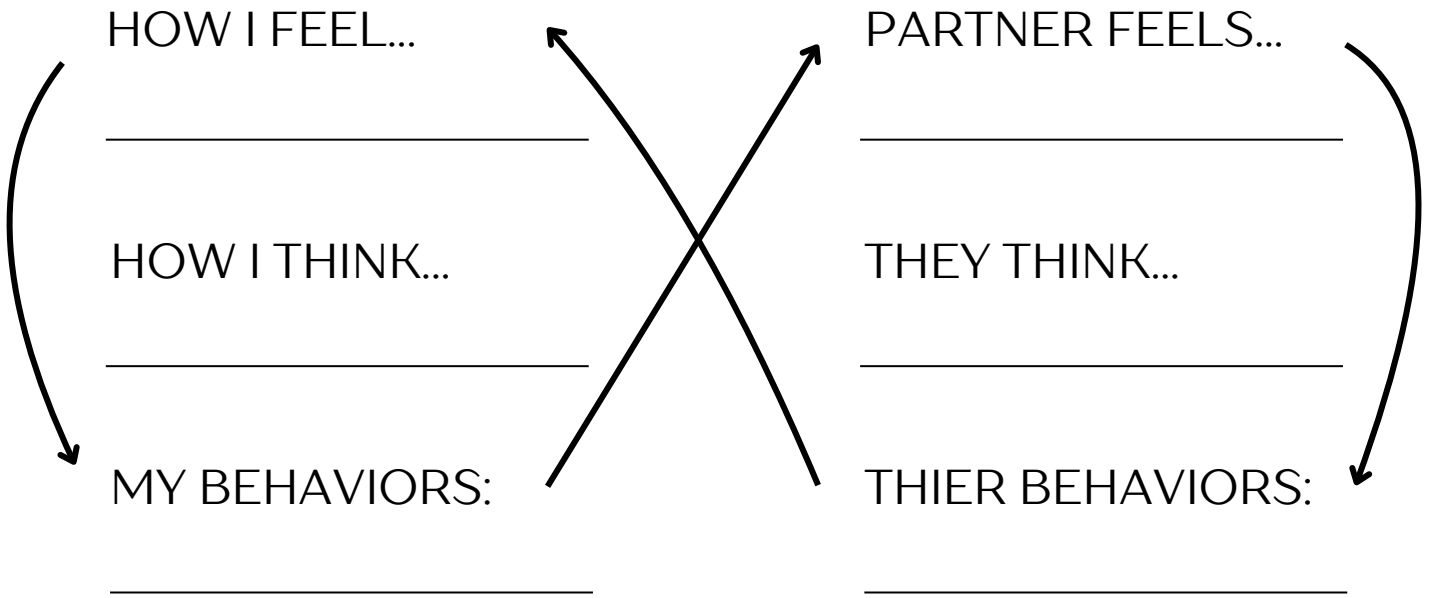
And instead of staying stuck in the same old fight, we were able to _____.

Next week, join us in a plot twist where we skip repeating the same pattern, and practice the SAFE steps sooner in new episode, called:

“ _____ ”
(the new title of your very mature demonstration of your conflict resolution skills)

MOVE BEYOND RECURRING FIGHTS WITH THE FILL-IN-THE-PATTERN COUPLES EXERCISE

RECURRING FIGHT PATTERN



REPAIR PATTERN

