

FILL-IN-THE-PATTERN COUPLES EXERCISE



Welcome to another episode of our hit series:

“ _____ ” (the pattern *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 _____,

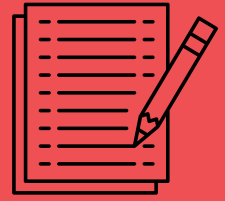
and became even more _____

_____ (actions).

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

_____ (outcome).

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After we took a 30-minute break to cool down, I realized that my actions must have made my partner feel _____ and think _____, and _____.
(action to protect themselves or defend against pain)

So, I turned things around & grounded myself in the **present** moment by _____ *(self-regulation strategy)*, and **assumed** the best about their motives.... They were probably just _____.

I came back to repair the connection, and said "Let's...."
_____ "
to set a positive **intention**, and took **responsibility** by saying "I will...."
_____ "*(actions)*."

Then, all of a sudden, my partner finally did what I wanted all along...
_____,
and we _____
(desired outcome).

Next week, join us in a plot twist where we skip repeating the same pattern, and practice the PAIR 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