

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 _____, and needing _____.

Then I empowered the team by taking responsibility for one action I could do differently. I said: "I will _____."

Next, I softened toward them by remembering something I am grateful for in them. 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.

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 PART practices 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

HOW I FEEL...		PARTNER FEELS...
_____		_____
HOW I THINK...		THEY THINK...
_____		_____
MY BEHAVIORS:		THIER BEHAVIORS:
_____		_____

REPAIR PATTERN

HOW I FEEL...		PARTNER FEELS...
_____		_____
HOW I THINK...		THEY THINK...
_____		_____
MY BEHAVIORS:		THIER BEHAVIORS:
_____		_____