

Understanding My Reactivity

Directions: Dialogue the responses with your partner. The sentence stems are there to prompt you. When asked “Is there more?” you can share more about that prompt before moving to the next one.

“I notice I have a reaction when _____”

(You’re late, and don’t call/ You interrupt me when I talk / You come home and don’t pay attention to me/
You criticize my cooking, driving, dressing, looks, etc...)

“The feelings that emerge are _____”

(Anger, Frustration, Cheated, Fear, Annoyance, Sadness, etc.)

“I react by _____”

(Sulking, Shutting Down, Lashing Out, Driving Recklessly, Being Sarcastic, etc.)

“The story I tell myself is _____”

(You don’t care, You don’t value me, You are more interested in other things, other people, etc.)

“My underlying fear is _____”

(I will be abandoned, I am unworthy, I will be ignored, I will be dominated, I will be humiliated, etc.)

“What that reminds me of in childhood is _____”

(Interactions with or between caregivers, siblings, teachers, peers, etc. where you felt these feelings and fears)

“The way I long to feel is..._____”

(Safe, Secure, Valued, Special, Competent, Loved, Attended To, Acknowledged, Loving, Connected, etc.)

