

Uncovering the Sensitive Spots

Sharing Exercise

Now pinpoint a time in your current relationship when you got suddenly thrown off balance, when a small response or lack of response suddenly seemed to change your sense of safety and security with your partner. Complete the script below. Partner A will go first, while Partner B actively listens and completes the next PDF fun sheet entitled: *Uncovering the Sensitive Spots Response Exercise Worksheet*. Then Partner B will read their *Uncovering the Sensitive Spots Response Exercise Worksheet* sheet aloud.

Then both partners will switch roles and Partner B will now share, while Partner A actively listen and completes the PDF fun sheet entitled: *Uncovering the Sensitive Spots Response Exercise Worksheet*. Finally Partner A will now read their *Uncovering the Sensitive Spots Response Exercise Worksheet* sheet aloud.

The time in our relationship when I was suddenly thrown off balance was (very briefly factual description to trigger the memory): _____
_____.

I was triggered when you said or did (state the facts, not judgments or interpretations): _____
_____.

The most negative or catastrophic thoughts that went through your head at that point in time was: (this is the main message tell yourself about yourself & your relationship bond): _____
_____.

When we were stuck in our cycle, on the surface I: (refer to behavior checklist if necessary) _____
_____.

But what I really feel underneath is (identify the feelings in the split second before you reacted or got mad): _____
_____.

What goes on inside my body in those moments is (refer to the feeling in your body checklist if necessary): _____
_____.

Typically I (SHOW YOU) OR select (DON'T SHOW YOU) these feelings to you. (THE WAY I SHOW YOU IS BY...) OR select (WHAT I DO INSTEAD IS...) _____.

What I long for is (refer to your list of needs if necessary and write what you yearned for) _____
_____.