

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Revisiting a Rocky Moment (Conversation 3)

First, on your own, do the first three steps:

1. **Stop the game.** Identify a specific moment during a fight or time of distance when you suddenly felt more vulnerable or on guard. Slow things down and remember what happened as a fly on the wall. What pattern were you in? (Just what could be captured on a video camera)
2. **Claim your own moves.** Imagine watching a game tape replay. "I attacked...I withdrew."
3. **Claim your feelings.**
 - a) What were the most negative, or catastrophic thoughts that were running through your mind? What were the worst-case scenario thoughts about your spouse, yourself, and/or your relationship? (example "We are never going to make it." "He just doesn't care about my feelings.")
 - b) Choose from the list below to identify the word that best describes the deeper emotion that comes up for you in that moment (or these kinds of moments). This is usually a fear, hurt, despair or anguish.

In that moment of disconnection, deep down I feel:

Lonely
Unimportant
Scared
Vulnerable
Hopeless
Panicked
Inadequate
Ashamed
Let down

Overwhelmed
Small
Isolated
Hurt
Dismissed
Intimidated
Humiliated
Worried
Alone

Unwanted
Sad
Lost
Confused
Abandoned
Shaky
Rejected
Despairing

