

# FINDING THE HEART OF THE MATTER

*Remember emotions are not thoughts. Emotions are like: sad, hurt, scared, nervous, embarrassed, ashamed, lonely, excited, joy. If you come up with anger or frustration try to find the deeper emotion it's connected to.*

When do I feel let down by my partner and why *(what am I feeling and wanting from them at that point & what are my assumptions about how they are thinking or feeling about me)?*

a) Which ones of these experiences or thoughts connect to moments I was let down or hurt as a child or simply earlier in my life?

What kind of self-protective or defensive behaviors did I use when I feel let down (are they the same ones I used early on in life too)?

a) How do my self-protective ways leave me feeling after?

b) How do my self-protective ways leave my partner feeling?

What do I need from my partner in these moments to feel supported and to keep from becoming self-protective?

What are my partner's intentions or needs in those moments?