

FRUSTRATIONS WITH MY PARTNER

EXPRESSING FRUSTRATIONS WITH YOUR PARTNER IN A HELPFUL AND PRODUCTIVE WAY CAN BE DIFFICULT. OFTEN, YOU MAY EXPRESS YOUR REACTIONS IN AN UNHELPFUL WAY BECAUSE OF HIDDEN FEARS. USE THIS FORM TO CHART YOUR FRUSTRATIONS TO DISCOVER HOW YOU MAY BE REACTING IN CERTAIN WAYS TO HIDE FEARS.

A. FRUSTRATING BEHAVIORS

When you... you always... Never...

E.g., ...are late and don't call...

B. FEELINGS

I feel...

angry...

C. REACTIVE BEHAVIORS

then I react with...

sulking...

D. HIDDEN FEARS

to hide my fear of

being abandoned.

