

"We keep having the same argument over and over!"

When we are in the middle of a disagreement, the conversation can escalate to a point where emotions are running high and we lose our ability to converse in a calm and rational way. This is obviously not the recipe for a productive conversation, but rather a hurtful and disastrous argument that leaves us feeling disconnected and alone. Use the questions below to consider what feelings and thoughts might be triggering your responses, and to find ways to express yourself in a way that allows you and your partner to understand each other and connect.

Ahh!! This is so frustrating!! Besides frustrated, I am also feeling (circle any that apply):

<i>Sad</i>	<i>Attacked</i>	<i>Ignored</i>	<i>Disappointed</i>
<i>Hurt</i>	<i>Put Down</i>	<i>Rejected</i>	<i>Misunderstood</i>
<i>Alone</i>	<i>Unloved</i>	<i>Overwhelmed</i>	<i>Confused</i>
<i>Worried</i>	<i>Guilty</i>	<i>Abandoned</i>	<i>Other:</i>

What is at the root of this more vulnerable emotion? What are the specific things that are triggering this feeling for me?

During these disagreements, how do you express the way that you're feeling? How might you be able to "soften" this message and express the more vulnerable emotion to your partner?

What vulnerable emotions might your partner be feeling during these discussions? How does thinking about this (instead of their anger) change the way you might respond to them?

