

# UNDERSTANDING YOUR NEGATIVE CYCLE

## Lasting Connection™ Workshop

Couples get caught in negative “cycles.” A cycle is a repeating pattern of negative behaviors, thoughts, and feelings that causes distress. You react to your partner’s reactions, your partner reacts to your reactions, and you go around and around in a never-ending cycle. Understanding and untangling your negative cycles is a first step in climbing out of distress.

To start understanding your negative cycles, answer the following questions.

### **When my partner and I are not getting along:**

I often react by (describe your behaviors)...

---

---

---

---

My partner often reacts to me by (describe his/her behaviors)...

---

---

---

---

When my partner reacts this way, I often feel...

---

---

---

---

When I feel this way, I see myself as...

---

---

---

---



When I feel this way, I long for or need...

---

---

---

---

When I react the way I do, I guess that my partner feels...

---

---

---

---

Describe your repeating negative cycle (include how you and your partner trigger each other's feelings, thoughts, and behaviors):

---

---

---

---

