

# The Dance

1. Think of a recent conflict. Imagine yourself back in that conflict and answer the following questions.

2. What did you feel?

*Check all that apply*

- abandoned
- betrayed
- controlled
- deceived
- defective
- disconnected
- disrespected
- like a failure
- helpless
- humiliated
- ignored
- inadequate
- invalidated
- judged
- misunderstood
- not good enough
- rejected
- taken advantage of
- unimportant
- unwanted

*Circle the top three*

3. How did you react?

*Check all that apply*

- deny responsibility
- blame someone else or circumstances
- belittle (call names, mock, ridicule)
- catastrophize (exaggerate, dramatize)
- control
- criticize
- cross-complain (bring up another issue)
- defensiveness
- demand
- dishonesty
- escalate (get louder and louder)
- fact find (usually to prove your point)
- fix-it mode
- humor/sarcasm
- invalidate or minimize
- isolate yourself (or shut down)
- lecture
- mind read (assume intent)
- pacify (try to calm the other)
- passive aggressive
- rationalize
- repeat yourself
- rewrite history (view past negative)
- replay argument in mind
- argue about who is right/wrong
- self-deprecate
- stonewall
- withhold (affection, sex)

*Circle the three you do most often*

4. What did you want?

*Check all that apply*

- acceptance
- approval
- adequate
- appreciated
- important
- loved
- peace
- respected
- safe (emotionally or otherwise)
- supported
- trusted
- understood
- useful
- validated
- connected
- intimate
- noticed
- competent
- good enough

*Circle the top three*

# The Dance

Top 3 you circled from:

2. What are my buttons...

---

---

---

Top 3 you circled from:

4. What do I want...

---

---

---

Top 3 other circled from:

3. What does s/he do...

---

---

---

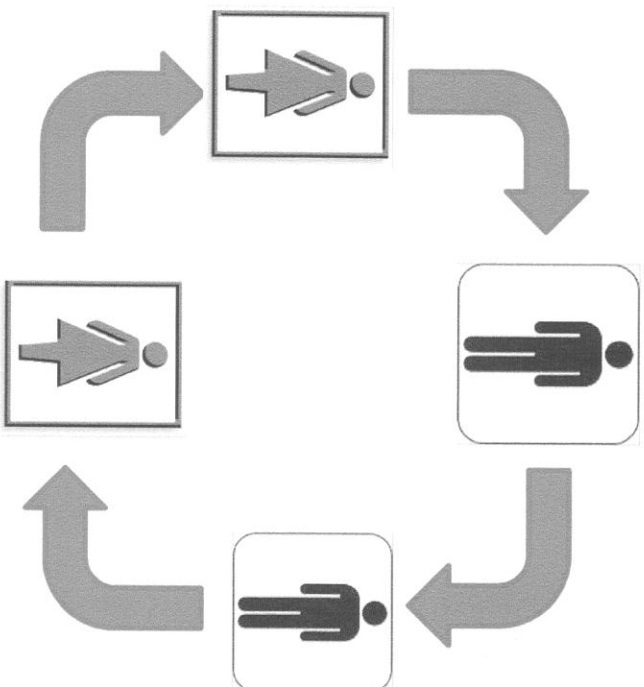
Top 3 other circled from:

4. What does s/he want...

---

---

---



Top 3 other circled from:

2. What are his/her buttons...

---

---

---

Top 3 you circled from:

3. What do I do...

---

---

---