A DEEPER US · FROM THE LIBRARY

Our Cycle *Map*

Find the dance. Name it together.

Fill this in together on a calm day, not mid-fight. The cycle is the problem, not your partner.

It usually starts when…



What we're really saying underneath

Partner 1 _____

Partner 2 _____

e.g. "I miss you." "I don't want to fail you."

How to stop the music: on the back

WHEN THE DANCE STARTS

Stopping the *music*

Someone's toe gets stepped on. Instead of dancing on without a word, you stop and say so.

1 · Our stop phrase

Either of us can say it, and we both agree to pause.

"We're doing the dance again." or our own:

_____

2 · Our pause promise

Pausing is fine. Disappearing is not.

Partner 1 I need _____ minutes, and I'll come back.

Partner 2 I need _____ minutes, and I'll come back.

3 · Coming back softly

Start with the feeling, not the complaint.

"I felt _____ when _____.
What I needed was _____."

4 · Acknowledge the stepped-on toe

"I think I hurt you just now." It stops more fights than any argument ever won.

Keep this somewhere you'll both see it. If the cycle keeps winning, a couples intensive can help you map it and heal what's underneath.