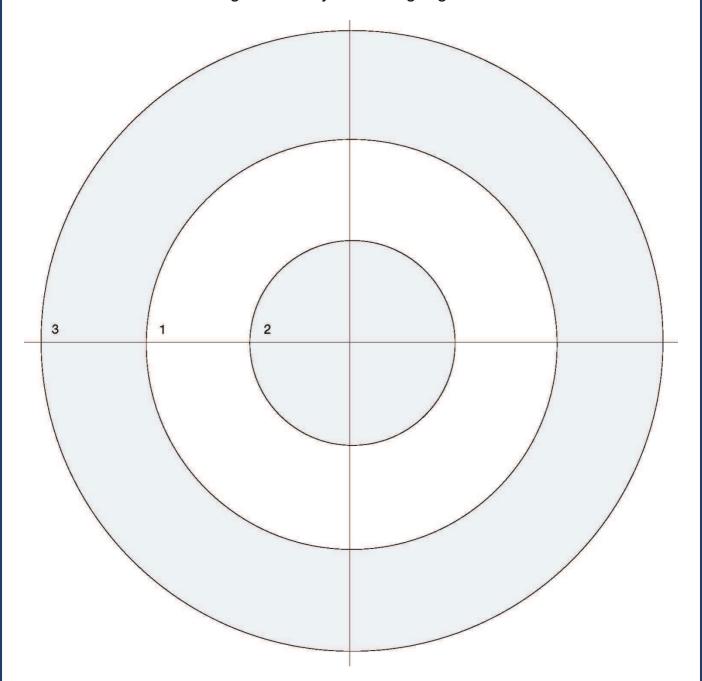
Uncovering Vulnerability and Shifting Negative Patterns



- When I am at my worst in a distressing interaction with my partner, what I do is _____.
 The feeling that is the hardest to let my partner see when I am at my worst is ______.
- 3. What I want to do instead of being my worst is _____.

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