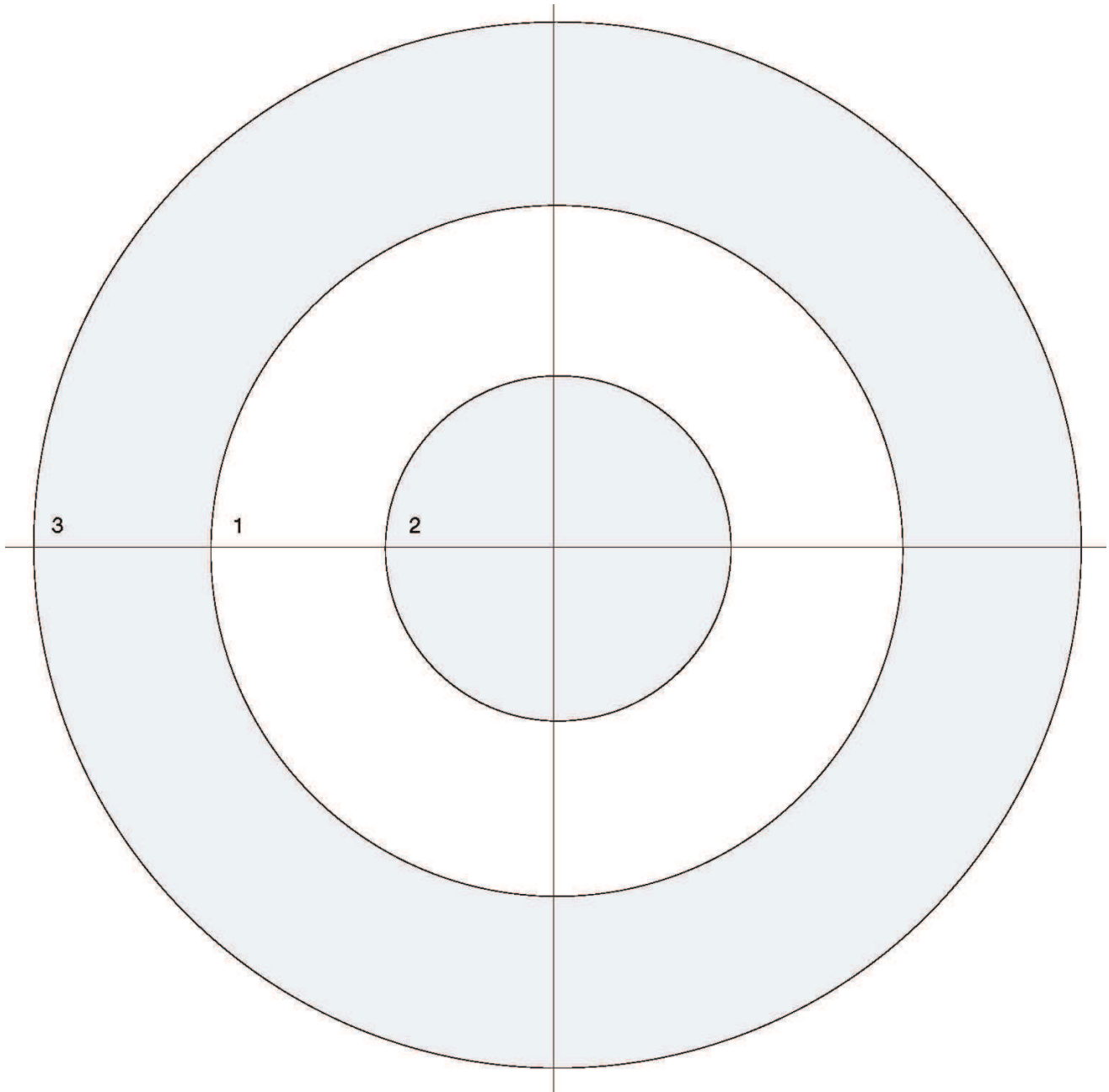


Uncovering Vulnerability and Shifting Negative Patterns



1. When I am at my worst in a distressing interaction with my partner, what I do is _____.
2. 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 _____.