

PROTECTIVE BEHAVIORS

Fight/Flight behaviors that are motivated by my surface feelings because I can't tell you gently about my longings and deeper feelings and fears. How I protest our disconnection and try to connect, but it ends up hurting you – blame, criticize, defend, justify my behavior and feelings, show how I am right and you are wrong, etc. OR attempts to seek safety and comfort alone or elsewhere; without you, on my own, pull away; figure it out on my own; get logical; try to fix the problem instead of listening to you; zone out with TV, alcohol, pot or other drugs, the computer, gambling, porn, work, etc.

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EMOTIONS AND
THOUGHTS THAT HIDE MY
MORE VULNERABLE FEELINGS,
FEARS, AND THOUGHTS**

Anger, annoyance, irritation, frustration, etc. I don't need you anyway. I've got to stop him/her. I've got to get away. show you! Oh, yeah? How dare you! Etc.

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**UH, OH!
PRIMARY PANIC
ABOUT THE RELATIONSHIP/BOND**

The things I can't say when it isn't safe to be vulnerable. What I don't tell you about how I feel deep down when you do and say what you do. What I say to myself about me, about you, about us. My deepest and most tender feelings and my worst fears about you, me and us. My raw spots.

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scott R
Woolley, PhD ©

WHAT I LONG FOR FROM YOU IN THIS RELATIONSHIP

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