

# DAY#2

## The *Pattern* We Keep Repeating

### Guided Question

What is the usual sequence when conflict starts between us?

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Think about the last few arguments and write the order, not the details.

### Couple Action

Complete this together.

When conflict starts, our pattern usually looks like this:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

We would describe our cycle as:

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### Reflection Prompt

At what point in this cycle do I start to feel emotionally unsafe?

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