

DAY#3

How We *Protect* Ourselves Differently

Guided Question

When I feel overwhelmed in conflict, I usually:

- Move toward my partner
- Move away from my partner

Couple Action

Complete these together out loud.

When I feel overwhelmed, I usually move toward or away by:

What I need most in that moment is:

Reflection Prompt

What do I assume about my partner when they protect themselves?
