

DAY #1

Why Our Fights Are Not About The Fight

Guided Question

When I get triggered in our relationship, what do I feel first in my body?

- TIGHT CHEST
- KNOT IN STOMACH
- HEAT IN FACE
- RACING THOUGHTS
- NUMB OR FROZEN
- CLENCHED JAW
- OTHER _____

Couple Action

Take turns and complete this out loud.

When I get triggered, my body feels:

And I usually respond by:

Reflection Prompt

What did I notice about my nervous system today that I have never paid attention to before?