

DAY #2

The Pattern We Keep Repeating

Guided Question

What is the usual sequence when conflict starts between us?

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:

Reflection Prompt

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