

# 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:

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What I need most in that moment is:

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### Reflection Prompt

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

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