

TRACK THE DISCONNECTING PATTERN

PURPOSE

To support couples to recognize and identify the beliefs, emotions, and behaviours that contribute to patterns that increase the experience of disconnection in their relationship.

INSTRUCTIONS

Invite couples to fill in the blanks below to reflect their experience.

Title your pattern: What would be a name for this pattern that both partners relate to?

Describe the main **behaviours** or moves that each partner makes in this pattern:

Partner A: _____

Partner B: _____

Notice how these behaviours end up reinforcing those of the other person.



PARTNER A

- What are the main beliefs that are active for you during this pattern?
- What are the emotions that are active for you in this pattern?

PARTNER B

- What are the main beliefs that are active for you during this pattern?
- What are the emotions that are active for you in this pattern?