

## Appendix 3

### *Exercises 1-5 (Extra Copies)*

A marital partner (or friend or family member) may want their own space to complete the exercises. Copies of each are provided here. Responses to exercises 4 and 5 can be transferred to the couple pain cycle on page 99.

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## Exercise 1

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### Identifying Emotions in Your Pain Cycle

1. When I am upset—unsettled, anxious, insecure—or triggered, how do I usually feel? An alternative question may be, What messages have I received about my worth, value, or importance from my spouse, family, or friends when I'm upset, and what emotions are connected to them?

Circle one or two emotions that best answer the question. If you circle more than two, put a star beside the emotions that are most common.

Unloved      Unworthy      Insignificant      Alone      Hopeless  
Worthless      Devalued      Defective      Inadequate      Unappreciated  
Rejected      Unaccepted      Unwanted      Abandoned

Other: \_\_\_\_\_

The words you have circled usually pertain to the primary emotions associated with your **IDENTITY** when you are not feeling at peace (i.e., are upset or unsettled).

2. When I am emotionally upset or unsettled, how do I usually feel about the situation or relationship? An alternative question may be, what messages about relationships have I received from family or friends, and what emotions are tied to them?

Circle one or two words that best describe how you feel.

Unsafe      Unfair      Used      Guilty      Unsure  
Fearful      Powerless      Controlled      Out of Control      Unknown  
Vulnerable      Disconnected      Betrayed      Insecure      Not Enough

Other: \_\_\_\_\_

The words you have circled almost always pertain to the primary emotions associated with your sense of **SAFETY** when you are not feeling at peace (i.e., are upset or unsettled).

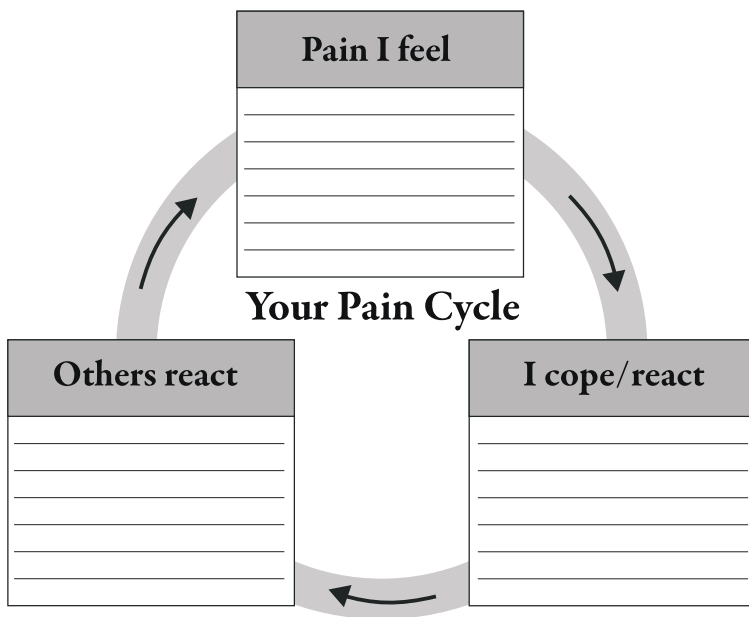
## Exercise 2

### Mapping Your Individual Pain Cycle

1. Look back at the feelings that you identified in Exercise 1 (page 202). Write those words in the first box of the Pain Cycle (page 204) under the title PAIN I FEEL.
2. Connect those emotions with the actions or coping responses from the list below. When you feel those emotions, how do you normally react? **Circle up to five of the most common or consistent reactions/coping that best describe what you do.**

<i>Blames Others</i>	<i>Shames Self</i>	<i>Controls</i>	<i>Escapes/ Creates Chaos</i>
Rage	Depressed	Perfectionists	Impulsive
Angry	Negative	Performs	Numbs Out
Sarcastic	Whines	Judgmental	Avoids Issues
Arrogant	Inconsolable	Demanding	Escapes Using Substance
Aggressive	Catastrophizing	Critical	Escapes Using Activity
Retaliatory	Manipulative	Defensive	Irresponsible
Threatening	Fearful	Anxious	Selfish
Punishing	Pouting	Intellectualizes	Minimizes
Fault Finding	Harms Self	Nagging	Addicted
Discouraging	Needy	Lecturing	Secretive
Other: _____			

3. Write the words you've circled in the Pain Cycle under the title COPES/ REACTS (page 61).
4. Think about how people around you respond to you when you react in the ways described in the prior two sections. What do they usually say or do? Write up to five of those responses under the title OTHERS REACT in the Pain Cycle.



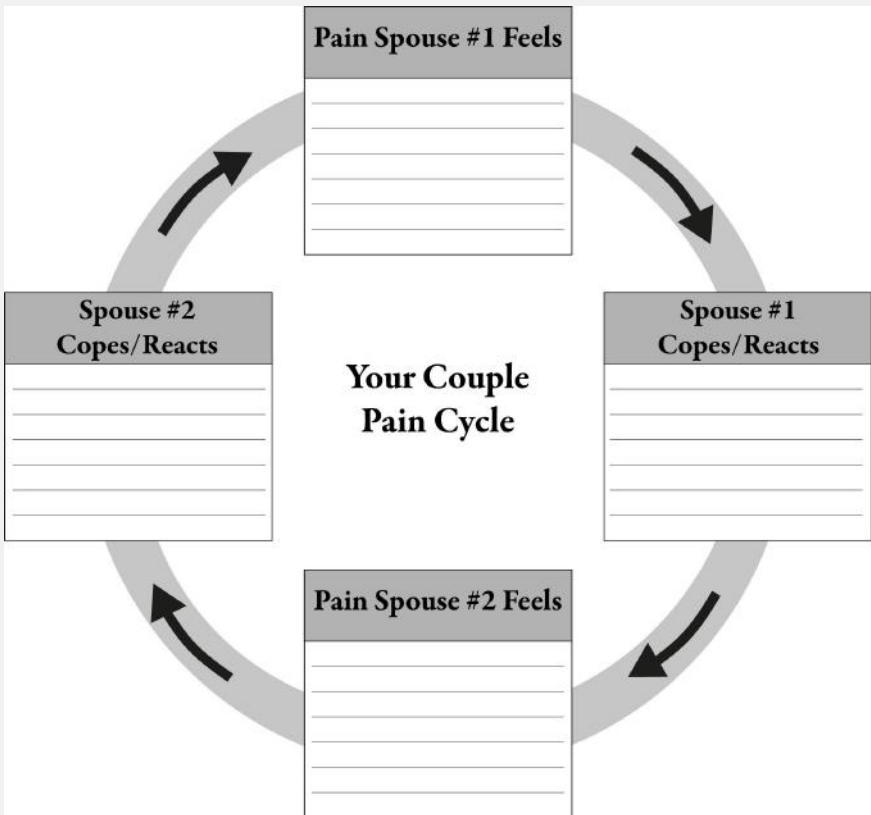
### Exercise 3

#### Mapping Your Couple Pain Cycle (see chapter 6)

Refer to your completed individual pain cycle (Exercise 2 above). Talk to your spouse and decide which of you will be Spouse #1 and which will be Spouse #2. Then, on page 74, record the words you both identified as PAIN I FEEL and how you COPE/REACT in the appropriate box.

Your spouse's responses will be recorded on that same page. If not, ask them to share what he or she identified in those same sections of their individual pain cycle and write those in the corresponding sections of the couple pain cycle.

(If each of you has a copy of this book and is recording your thoughts separately, decide which of you will be SPOUSE #1 and SPOUSE #2 so you can be consistent in your documentation of your pain cycle.)



## Exercise 4

### **Identifying Self-Regulating Truths**

Think about the words that can emotionally regulate the painful lies about yourself, your identity, and your sense of safety. Which words below are meaningful and powerful to you because they represent the truth about your identity and safety? Choose words that directly repudiate the lies your pain cycle has been telling you.

(Circle three to five words that you would like to be able to claim as your own that would be representative of the new reality or truth about your identity and sense of safety.)

Loved	Worthy	Significant	Not Alone	Prized
Valuable	Precious	Adequate	Approved	Accepted
Wanted	Appreciated	Hopeful	Free	Safe
Secure	Sure	Fulfilled	Capable	Empowered
In Control	Protected	Connected	Intimate	Competent
Validated	Successful	Enough		

Other: \_\_\_\_\_

*These words are your Emotionally Regulating Truths.*

## Exercise 5

### New Actions Based on Truth (see chapter 7)

Look back at the truths you identified in Exercise 4. Concentrate on these words a bit and let the reality of these truths about your identity and safety soak in. Write down these words below so you can remember them easily.

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Talk to your spouse. On page 99, record the words you both identified as EMOTIONALLY REGULATING TRUTH from exercise 4 in the appropriate box (SPOUSE #1 or SPOUSE #2).

Now look at the list of words below that describe different actions/agency. When you are focused on the truth, what behaviors/actions would you likely take or choose to do? **(Circle two to five action/agency words that best describe what you would choose to do when you are in your truth and feel a sense of peace. Choose words that directly oppose the actions you take when you are in pain.)**

Loving	Values Self	Balanced Give/Take	Responsible
Encouraging	Respects Self	Vulnerable	Reliable
Supportive	Positive	Open	Self Controlled
Inclusive	Flexible	Engaging	Connected
Kind	Optimistic	Appreciative	Intimate
Listening	Hopeful	Gentle	Faithful
Accepting	Self-Aware	Relaxed	Forthcoming
Patient	Confident	Lets Things Go	Problem Solving
Compassionate	Affirming	Nurturing	

Other: \_\_\_\_\_

Record the words you circled above in your ACTION/AGENCY space on page 99. Talk to your spouse and record their words in their space.

