

Identifying Pain and Peace Cycles

Feelings

Unloved	Inadequate	Powerless	Vulnerable
Unworthy	Unacceptable	Out of control	Invalidated
Insignificant	Hopeless	Unsafe	Failure
Alone	Unwanted	Insecure	
Worthless	Disconnected	Devalued	
Unknown	Defective	Not measuring up	

Coping

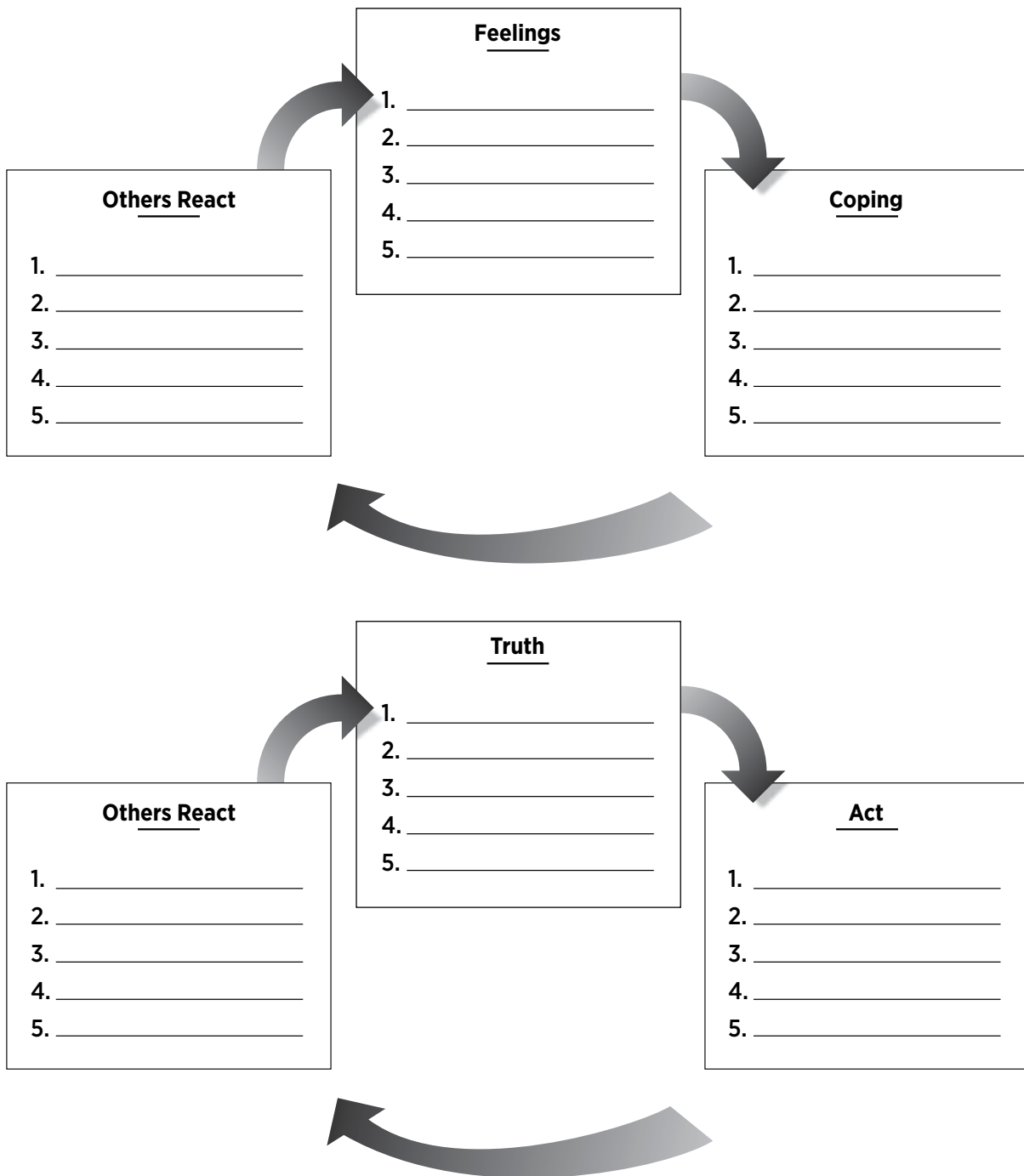
Blame others	Depressed	Perfectionistic	Drugs/Alcohol
Rage	Negative	Defensive	Numb out
Angry	Anxious	Judging	Impulsive
Sarcastic	Inconsolable	Demanding	View porn
Arrogant	Catastrophizing	Critical	Avoid issues
Aggressive	Whine/needy	Nagging	Hide information
Discouraging	Manipulates	Lecture	Get dramatic
Threatening	Withdraw to pout	Withdraw to defend	Act selfish
Hold grudges	Isolate	Intellectualize	Minimizes
Retaliatory	Fault-finding	Controlling	Withdraw to avoid
Withdraw to punish	Shame self		Irresponsible
Disrespectful			Escape

Truth

Loved	Accepted	Can make choices	Encouraged
Priceless	Promising	Valuable	Connected
Treasured	Significant	Known	Can control self
Appreciated	Never alone	Full of worth	Wanted
Adequate	Valued	Celebrated	

Actions

Accepting	Non defensive	Energetic	Nurturing
Vulnerable	Hopeful	Supportive	Communicate care
Respectful	Encouraging	Engaging	Open
Giving	Peaceful	Intimate	Welcoming
Let go/relax	Able to persist	Kind	Settled
Responsible	Gentle	Seeking good	Trustworthy
Listening	Merciful	Honest	Listening
Merciful	Honest	Empathic	Loving
Reliable	Humble	Valuing self	Stay connected
Inclusive	Positive	Self-controlled	Turn from addictive actions



THE FOUR STEPS

- Step 1: Say what you feel.
- Step 2: Say what you normally do.
- Step 3: Say the truth.
- Step 4: Say what you will do differently.