

## Understanding My Pain Response

1. When I am in conflict or argue with my spouse, I generally feel:

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(Circle the one, two, or three emotions that best fit the way you feel and then fill in the blank above.)

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	

2. When I feel the way I have identified in question 1, I normally cope through these behaviors:

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(Circle the one, two or three coping behaviors that best fit the way you act and then fill in the blank above.)

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