

Ours

# Negative Cycle



Date: \_\_\_\_\_

**Instructions:** If your partner is unaware of the negative cycle taking place, use this worksheet to identify and outline the negative cycle. Fill out this sheet individually, then use the worksheet as a reference for a constructive conversation with your partner. The goal is to identify these negative interactions, address the issue effectively, and break free from the negative pattern.

**1 Identify the repeating behavior that triggers the negative cycle.**

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**2 After the repeated behavior occurs, you feel...(primary emotions)**

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**3 I often react by...(action)**

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**4 My partner then reacts by...(action)**

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**5** My secondary emotions are...

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**6** I believe this behavior is attributable to...

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**7** When I react to the behavior, it makes my partner feel...

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**8** We can stop this cycle by....(solutions)

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