

Insight Dialogue for Change

I notice that I'm experiencing some reactivity...
(Name your partner's behavior that frustrates you, e.g when he/she is late and doesn't call)

Would you be willing to mirror me so I can explore what is coming up for me around that?

My Feeling

"When that happens I feel _____, _____, _____." (one word feeling words; ex: sad, lonely, rejected). **Mirror**

My Story

When this happens, the story I tell myself is _____

(ex: you don't care about me). **Mirror**

My Reaction

Then I _____, _____ (name behaviors, ex: pout, isolate...) **Mirror**

My Ultimate Fear

What me scares about this is _____

(ex: is that you'll leave me) **Mirror**

My Childhood Memory

What this reminds me of in my childhood is _____

_____ **Mirror**

My Childhood Needs

What I longed for back then was _____

_____ **Mirror**

Childhood to Adulthood

If I would have received that , how my life might be different today is _____

_____ **Mirror**

Bringing It Into The Present

As I am reflecting, what I might want from you today is

_____ ***Mirror***

My Response To Your Gift

If I were to receive that “gift” from you, how I might be different with you is _____

_____ ***Mirror***