



THE ACADEMY  
FOR COUPLES  
THERAPISTS

# FEELINGS THAT PRECEDE INEFFECTIVE BEHAVIORS

The Academy for Couples Therapists

<https://www.theacademyforcouplestherapists.com>

Couples Counseling Associates

<https://www.couples-counseling-now.com>



Instructions to use this tool:

**STEP 1:** What triggered me?

I felt excluded.

I felt powerless.

I felt unheard.

I felt scolded.

I felt judged.

I felt blamed.

I felt disrespected.

I felt uncared for.

I felt lonely.

I felt ignored.

I felt forgotten.

I felt unloved.

I felt unsafe.

I felt disconnected.

**STEP 2:** Identify what ineffective behaviors you are most likely to exhibit, put a circle around that word.

**STEP 3:** Complete the sentences of the circled behaviors.

Example: If I circled Blame, I could write:

“ I blame when I feel excluded ”

I get impatient when I feel...  
I withdraw when I feel...  
I nag when I feel...  
I blame when I feel...  
I get defensive when I feel...  
I manipulate when I feel...  
I need to act like I am right (and you are wrong), when I feel...  
I shame my partner when I feel...  
I interrupt when I feel...  
I use sarcasm when I feel.....  
I become condescending when I feel...  
I intimidate when I feel...  
I get stubborn when I feel...  
I keep secrets when I...



I get contemptuous when I feel...  
I belittle when I feel...  
I try to dominate when I feel...  
I compete when I feel...  
I use name calling when I feel....  
I pout or sulk when I feel...  
I attack when I feel...  
I deny when I feel...  
I involve the kids in arguments when I feel...  
I yell when I feel...  
I get judgmental when I feel...  
I reject my partner when I feel...  
I use the silent treatment when I feel...  
I change subject when I feel...  
I put my partner down when I feel...  
I dismiss partner when I feel...  
I diagnose when I feel..  
I provoke guilt when I feel...  
I escape to work when I feel...  
I bring up old issues when I feel...  
I balk about other's (family) relations when I feel....  
I leave, walk out without taking, when I feel...  
I get close minded when I feel...







**THIS DOCUMENT WAS INSPIRED BY**

**1) ELLYN BADER AND PETE PEARSON'S "INEFFECTIVE BEHAVIORS THAT PARTNERS USE TO COPE" LIST. THE COUPLES INSTITUTE.**

**2) "TRIGGER LIST", FOUND IN THE GOTTMAN INSTITUTE BLOG:  
[HTTPS://WWW.GOTTMAN.COM/BLOG/MANAGE-CONFLICT-TRIGGERS/](https://www.gottman.com/blog/manage-conflict-triggers/)**

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