

Choosing the Relationship (for Escape Behaviors)

A. Defining My Behaviors

1. These are the things I've done to numb or escape my emotions (escape behaviors):

2. These are things that lead to escape behaviors for me:

3. These are the ways I've objectified you (realize these are escape behaviors):

4. These are the ways I've manipulated you (tried to make you do what I want):

B. Justifications and Rationalizations (use answers from section A)

1. These are the lies I've told myself and the justification that went along with it (I told myself ____, so it wasn't acting out because ____):

2. These are the ways I've rationalized not telling you:

3. These are the fears behind the justifications for not telling you:

C. Identifying, Changing, and Maintaining

1. This is how I'm going to consistently review my actions and identify numbing or escaping behaviors, honesty, patterns of deception, rescuing behaviors, resentments, and unmet needs, and patters of manipulation.

2. This is how I'm going to proactively share that information with you

3. These are the steps I will take to change my behaviors once they've been identified and shared

4. This is how I'm going to continue to check in with myself and you around my behaviors
