

**Choosing the Relationship (for Trauma Responses)**

**A. Defining My Behaviors**

1. These are the things I've done to as trauma responses:

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2. These are things that lead to trauma responses for me:

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3. These are the ways I've tried to rescue you (minimized consequences for you – realize these are trauma responses):

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4. These are the ways I've persecuted you (exaggerated consequences for you – realize these are trauma responses):

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5. These are the ways I've played the victim (not been an actual victim, wanted you to rescue me – realize these are trauma responses):

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**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 was warranted because \_\_\_\_):

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2. These are the ways I've rationalized continuing my trauma responses:

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3. These are the fears behind the justifications for not stopping my trauma responses:

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**C. Identifying, Changing, and Maintaining**

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

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

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

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

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