

# Upsetting Behaviors in Another

- Persistent
- Passing
- Recurring
- Finished

Dear \_\_\_\_\_,

A *behavior* that I am most upset about is \_\_\_\_\_  
What behavior? Describe the behavior in detail. When/Where does it happen?

The *impact* of this behavior on me is \_\_\_\_\_

The *needs* in me that are not being met by this behavior are \_\_\_\_\_

The *feelings* that I feel about this behavior are \_\_\_\_\_  
Name the feeling words. Circle the main feeling word.

Specifically, the *physical sensations* that I feel when I feel these feelings are \_\_\_\_\_  
Describe these sensations in various parts of your body. Or describe your physical posture when you feel these feelings.

On a scale of 1 to 10 the *intensity* of these feelings are about a \_\_\_\_\_

It seems to me that your *intentions* are \_\_\_\_\_

When I feel these feelings my *inner conversation* goes something like \_\_\_\_\_

The *behaviors* that I tend to act out when I feel these feelings are \_\_\_\_\_

The *words* that want to come out of my mouth when I feel these feelings are \_\_\_\_\_

A *previous time* when I have felt similar feelings was the time when \_\_\_\_\_

Could be a time that goes back to childhood or anytime in-between. Could be a time in your relationship together.

My biggest *fears* in sharing my feelings with you are \_\_\_\_\_

What I would like to see happen is \_\_\_\_\_

Thank you for taking the time to listen to me.