

Choosing the Relationship (for Trauma Responses)

A. Defining My Behaviors

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

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

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

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

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):

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 ____):

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

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

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.

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
