

## Conversation #2 Finding the Raw Spots Understanding deeper feelings in the Demon Dialogues

See if each of you can:

a. Identify a specific moment during a fight or time of distance when you suddenly felt vulnerable or on guard.

b. Identify the most negative thoughts that go through your head at that point. What are your worst, most catastrophic thoughts about your partner, yourself and your relationship? (For example, "He/she doesn't care", "I can't be what my partner wants", "we are going split up.") You can use one of the responses below as a template or you can write your own.

- I am "not good enough," failing as a partner, or at times I fear being rejected or criticized.
- I am alone or at times, fear being abandoned, unimportant, or not a priority to my partner.

c. Choose from the descriptive list below to pick the word that best describes the deeper emotion that comes up for you in these moments. This is often some kind of fear about yourself or your partner. It may be some kind of bad feeling or hurt.

In moments of disconnection, deep down I feel:

Lonely	Dismissed
Unimportant	Helpless
Scared	Hurt
Hopeless	Intimidated
Panicked	Rejected
Inadequate	Sad
Failing/Ashamed	Lost/Confused
Isolated	Let down/disappointed
Humiliated	Overwhelmed
Small/Insignificant	Vulnerable
Unwanted	Worried/Shaky

d. Do you show this feeling to your partner? If not, what do you usually show your partner? (Most often when we are unsafe, we show anger/frustration or no feeling at all).

e. Try to share the answers above with your partner.

Taking turns, fill in the blanks:

When we get stuck in our Demon Dialogue, or disconnection, I show you \_\_\_\_\_  
but underneath I feel \_\_\_\_\_

It is \_\_\_\_\_ (choose: hard / easy, pleasurable /  
scary, strange/ comfortable) to tell you this. If you wanted to help me with this feeling,  
right now you could \_\_\_\_\_

Share your answers with your partner.