**Conversation #1 Recognizing Demon Dialogues**

See if you can identify your demon dialogue, the negative dance that you and your partner get caught in that leads to you feeling unsafe or alone. What do you usually do? Look for a description in the list below that fits you. Share this with your partner.

When things are not going right between us, I find that I tend to:

**Move towards you by**:

Complaining

Becoming critical

Blaming or pointing out your mistakes

Yelling

Becoming angry, blowing up

Becoming insistent on my point

Showing disapproval and judging

Becoming insistent that you pay attention or do something

Make threats

Be controlling

**Move away from you by:**

Zoning out or numbing

Going on the computer, watching TV, going on my phone

Shutting you out

Trying to end the conversation, not listening

Leaving the house

Looking for an exit

Working long hours, staying out late

Changing the subject

Refusing to talk

Making excuses, placating you

Giving up, being hopeless

How do you see your partner in those moments? How does your partner see you? See if you can come up with a name for your Demon Dialogue, some that others have used are we are in the Tornado, the Vortex.

Did you learn your moves from your family or a previous relationship? Has this negative pattern been in your relationship from early on or did it start or get worse after an event?

Fill in the blanks:

The more I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the more you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_And the more I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_until we are caught in our\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_