

Conversation #4 – Revisiting a Rocky Moment Handout

Revisiting a rocky moment can help you and your partner slow down your demon dialogue in the moment and help you to process and repair incidents where your demon dialogue did take over and left you feeling disconnected at the end of that interaction. The goal of this conversation is to help you and your partner claim your moves in your Demon Dialogue, own how your moves trigger your partner's attachment fears, and start to generate ways you can work together to take control of your Demon Dialogue and create a new dance together.

To slow your demon dialogue down in the moment or to revisit a rocky moment, use the following steps as a guide to slow down and track how your demon dialogue unfolded in that moment.

1. **Call out your Demon Dialogue** - stop it by calling it out in the moment
2. **Claim your own moves** - what you do when things get hot between you in your dance e.g. "I attack" or "I shut down"
3. **Claim your own feelings** - both the surface emotions and the deeper feelings, e.g. "afraid" or "rejected"
4. **Own how you shape your partner's feelings** – share how your usual ways of dealing with your emotions trigger their deeper attachment fears, e.g. "I turn away, and you get scared"
5. **Ask about your partners' deeper emotions** - be curious and ask about your partners' underlying emotions and attachment fears in an active and supportive way
6. **Share your own deeper, softer emotions** – share your most vulnerable emotions and attachment fears that get triggered when you argue. It can be helpful to use "parts language"
7. **Stand together as allies against your enemy, your Demon Dialogue** face your underlying fears together instead of continuing the escalating pattern that feeds your insecurities. If this is too hard in the moment when your Demon Dialogue appears, take a break to self-soothe (at least 30 minutes) and revisit this rocky moment using the steps above later.