

Conversation #4 – Revisiting a Rocky Moment

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. If you get stuck, acknowledge which part of this exercise is hard for you. If your partner finds the exercise hard, ask if there is any way you can help him or her out right at this moment.

1. As a couple, choose a recent event where you felt disconnected from each other. Agree on the same rocky moment to revisit and try to choose an incident that is not too "hot" anymore. With your partner write a simple description of what happened and describe the sequence of moves you made in that incident. How did your moves link up with and pull out the moves that your partner made? Come up with a joint version you can agree on.
2. Add the feelings you both had and claim how your own moves helped to shape the emotional response of your partner. Be curious and ask about the deeper, softer feelings that might have been happening for your partner in an active but supportive way. If your partner has a hard time accessing his or her softer feelings, see if you can guess using your sense of your partner's raw spots as a guide. Confirm or revise with your partner. What was it like to complete this with your partner?
3. Discuss what it was like to revisit this with your partner? If you could go back and review future rocky moments in this way, how would it affect how you feel about each other and your relationship?
4. Can you each come up with at least two responses you could have made in the moment that might have slowed down this dialogue and allowed you to take control of it? Ask your partner if your responses might have helped them.