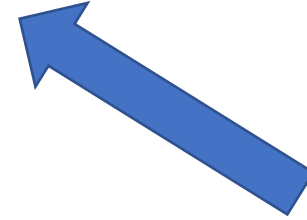
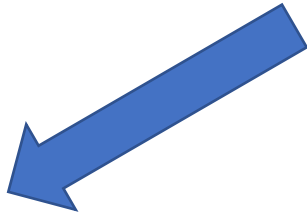


## I Fear

*What's your worst-case fear that might happen.*

**He is** \_\_\_\_\_.

*What you believe about your partner,  
The narrative you have that is usually very negative.*



## I Do

*What you do when you're in the cycle.*



## I Feel

*What you feel deeply when they do what they do.*



# The Ugly Dance

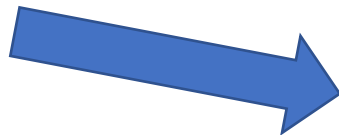
*Sometimes feels like "Groundhog Day", this again!?*

**She is** \_\_\_\_\_.

*What you believe about your partner,  
The narrative you have that is usually very negative.*

## I Feel

*What you feel deeply when they do what they do.*



## I Fear

*What's your worst-case fear that might happen.*

## I Do

*What you do when you're in the cycle.*

