

THE AFTERMATH OF FAILED BIDS

PART 3- What Were the Triggers?

Instructions: Say aloud which, if any, of the following items fit for you, while your partner listens. Then trade roles.

Events Related to Inclusion

I felt excluded. A great deal ...
No one was interested in me.
I was being ignored.
I was not important to my partner.
I felt cold towards my partner.
My partner was not happy to see me.
Others:

Events Related to Affection

I felt no affection towards me.
My partner was cold towards me.
I definitely felt rejected.
I was criticized.
I felt no affection towards my partner.
I felt that my partner was not attracted to me.
Others:

Events Related to Influence

I had no power in this discussion.
I felt helpless to affect how the conversation went.
I felt there was a lack of respect towards me.
My sense of dignity was being compromised.
My partner was being domineering.
I could not persuade my partner at all.
Others: