

THE AFTERMATH OF FAILED BIDS

PART 4- Do These Feelings Relate to Your Past?

Some self-examination is necessary here to identify where the triggers come from in your own past. When people are under prolonged periods of stress, old patterns of thought and behavior can emerge, old sensitivities can become heightened, and the fighting in the relationship is a symptom of older patterns. This section is designed to help you see what potential past events may have set the conditions for turning away from one another. Take turns answering the following questions:

- Q:** *How have I been responding lately when stressed?*
- Q:** *What sensitivities, thoughts, and feelings have I had lately in my relationship that may have influenced our friendship so it's not working well this week?*
- Q:** *What issues am I particularly sensitive about, and what is the origin of these sensitivities?*

They come from the way I was treated in my family growing up. (Explain)

They come from a previous relationship. (Explain)

They come from past injuries I suffered. (Explain)

They come from really hard times I endured. (Explain)

They come from traumas I experienced. (Explain)

They come from basic fears and insecurities I have. (Explain)

They come from things and events I have not yet resolved or put aside. (Explain)

They come from unrealized hopes I have. (Explain)

They relate to ways I was treated in the past by other people. (Explain)

They relate to things I have always thought about myself. (Explain)

They relate to old nightmares or catastrophes I have worried about. (Explain)

Other (Please explain):