

MODULE 1 TOOL:
YOUR PATTERN INVENTORY
Understanding Your Invisible Forces

SECTION 1: YOUR ATTACHMENT STYLE

Which attachment style best describes YOU?

Secure Anxious Avoidant Fearful-Avoidant

When conversations get difficult, I tend to:

My childhood taught me that difficult conversations meant:

SECTION 2: YOUR SPOUSE'S ATTACHMENT STYLE

Which attachment style best describes YOUR SPOUSE?

Secure Anxious Avoidant Fearful-Avoidant

When conversations get difficult, they tend to:

Their childhood likely taught them that difficult conversations meant:

MODULE 1 TOOL: YOUR PATTERN INVENTORY

Understanding Your Invisible Forces

SECTION 3: YOUR NERVOUS SYSTEM STATES

When do YOU enter Fight/Flight mode? (What triggers it?)

When do YOU enter Freeze/Shutdown mode? (What triggers it?)

When does YOUR SPOUSE enter Fight/Flight mode? (What triggers it?)

When does YOUR SPOUSE enter Freeze/Shutdown mode? (What triggers it?)

SECTION 4: YOUR DESTRUCTIVE PATTERN

Which pattern describes your conversations?

Pursue/Withdraw Criticize/Defend Stonewall/Escalate

Who typically plays which role?

You: _____ Spouse: _____

How does this pattern show up? (Be specific)

MODULE 1 TOOL: YOUR PATTERN INVENTORY

Understanding Your Invisible Forces

SECTION 5: YOUR RELATIONSHIP STORY

Which story did you inherit from your family?

Conflict = Abandonment Emotions = Dangerous Needs = Selfish Conflict = Unforgivable

How does this story control your current conversations?

What would you need to believe instead?

SECTION 6: CLARITY & TRANSFORMATION

Now that you can see these patterns, what becomes possible?

What ONE thing would change if you stopped being controlled by this pattern?
