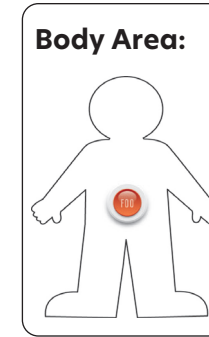
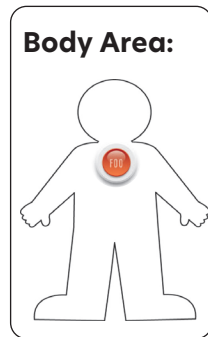


HOW COUPLES' FOO

BUTTONS INTERACT



Core Thought Patterns:

I'm not good enough.
Love = perfection.
Something is wrong with me.

Core Thought Patterns:

I'm not valuable.
I'm unlovable.
The world is against me.

Core Feeling Patterns:

Shame, Self-doubt
Guilt, Angry
Fear of losing acceptance

Core Feeling Patterns:

Sad
Self-loathing
Angry

Core Behavior Patterns:

Be perfect.
Overcorrect and beat myself up when I make mistakes.
People-please even if it crosses my boundaries.
Escape with substances and sex.

Core Behavior Patterns:

Act out for attention.
Self-sabotage.
Shut down and escape in video games.
Overeat.

TRIGGER:
When I need help.

TRIGGER:
When someone is mad at me.



1st Reaction: FEEL SHAME → SHOW ANGER

2nd Reaction: FEAR → CHASE AFTER

1st Reaction: ATTACK: 'YOU NEVER HELP!'

2nd Reaction: MORE 'YOU' STATEMENTS

'I NEED HELP PLEASE' → **'THANK YOU'**
I am good enough.

'I FEEL CONNECTED' ← **'GLAD TO HELP'**
I am valuable.

1st Reaction: BLOW UP → WALK AWAY

2nd Reaction: WITHDRAW → GIVE UP

1st Reaction: SHUT DOWN → DEFEND

2nd Reaction: EXPLAIN → DEFEND

INNER FOO DIALOGUE:

What am I? Not good enough for him to help me?
Why can't he just offer to help me?
Why do I have to ask for help? Energy: Age 16
Oh, I'll just do it myself.

Why does he walk away?
I just want his help. Energy: Age 8
What am I doing wrong?
I have to fix this.

I am good enough to be helped. Just ask. Energy: Healthy Adult

INNER FOO DIALOGUE:

I can't do anything right.
She is always mad.
Why can't she just be happy with me?
She will leave me soon.

WTF! Why can't she just leave me alone?
I can't ever make her happy.
Just leave me alone!

I have value and worth.
She needs and loves me. Energy: Healthy Adult