PRACTICAL RESOURCE

The Relationship Pattern Mapper

A worksheet for seeing the cycle that develops between trigger, meaning, reaction and response.

Map the pattern, not the villain
Relationship difficulties often become clearer when you look at the sequence between two people rather than deciding who is 'the problem'. Use one specific interaction.

What happened?

Describe the event as neutrally as you can - what an observer might have seen or heard.

What did I think it meant?

Examples: 'I don't matter', 'I'm being controlled', 'they're going to leave', 'nothing I do is good enough'.

What did I feel or notice?

What did I do next?

What did the other person do next?

How did that response affect me?

The repeating loop

Complete this in one line: **When they _____, I tend to _____, which often leads them to _____, and then I _____.**

What might I try differently?

Not 'How do I make them change?' What is one part of the cycle that belongs to me and is realistically within my control?

Useful question
What am I protecting myself from in this interaction - rejection, criticism, conflict, being controlled, being ignored, being abandoned, feeling inadequate, or something else?