



The Negative Spin Cycle of Our Arguments

"Are You My Safe Haven?"

"Triggering Event"

Do you love me? Are you committed, trustworthy,
Available, responsive (consider me)? Will you try
Understand me, repair arguments/hurts & grow?



Maybe – No
Alarms Sound



Dragons are Raised
(fears, sensitivities)

His _____
Hers _____

*Growing up Experiences
*Life Experiences

*Personality & Life Style Preferences
*Expectations & Beliefs



Stress Preponse
(Amygdala Hijacking)

His _____
Hers _____



The Softer Emotions

His _____ Hers _____

The hard candy coating emotions

His _____ Hers _____



Longings

His _____ Hers _____

What I long for you to understand/do/say/change:

His _____ Hers _____

How I can help you win & comfort me, meet my needs

His _____ Hers _____

Why it is difficult for me to share myself or listen to you:

His _____ Hers _____

Their Failed Attempts to Repair

Conclusions you make about your spouse & safe havens

Him _____ Her _____
Him _____ Her _____

Impact of Your Reaction on Your Spouse

How You Justify Your Reactions

Him _____ Her _____



Reactions

- Fight (pursue)
- Flee (withdraw)
- Freeze (shutdown, disconnect)
- Tone of voice, irritation, anger, disrespect
bad manners, bad mood
- Aim to be: considerate, respectful, honoring,
truthful

L.A.C.E.

1. Listen
2. Acknowledge
3. Comfort
4. Explore solutions
5. Explain
6. Stay Connected



AFTER THE ARGUMENT

Agree: *The purpose for going back and talking through the argument is so that we can listen, understanding and respect each other. And also to heal hurts, come to a resolve and re-connect.*

1. Describe what happened that lead up to the argument & the argument:
 - a) We agree that we will have a different perspective of the argument.
"if you saw it that way... it makes sense you feel that way"
 - b) We listen, acknowledge & validate each other's perspective & feelings
2. We recognize the cycle that we got stuck in. We own our part in keeping the cycle spinning.
We recognize & comfort the hurt we cause when we react the way we do.
3. We begin to express our hearts, feelings, longings & needs. We get to the 'heart of the matter' in a caring and considerate manner.
4. We turn toward each other, come together and have a ritual of apologizing and re-connecting.

The situation _____ I feel you are not
my safe haven because _____ (you don't protect me, you criticized) My dragons remind & warn
me _____ (I'm not valued, I'm controlled, I'm alone) My body
feels _____ (tense, hot, red flush, stressed) My prickly harsh
emotions _____ (frustrated, hurt, angry, desperate, fed up) Underneath, my heart
feels _____ (sad, fearful, alone, abandoned, overwhelmed) I react negatively
by _____ (criticize, defend, yell, shutdown) I take responsibility for how
my reaction impacts you _____ I realize about myself (how I need to
grow) _____ (I don't want to withdraw or chase you) I long for from you _____ (understanding &
respect my perspective, see I'm not bad, come close) What I want you to
understand _____ What I need: from you/to happen/to
change _____ What we need to: forgive, ask apology for,
comfort, repair _____ A more considerate reaction could
be _____ The Acacia Tree Conversation necessary to
problem solve _____

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