



Try this

Your jigsaw puzzle





Fill in as many of the pieces of the puzzle as you can. If possible, ask your partner to help when you think you've finished. Ask your partner to express with kindness what they have observed about your behaviour and your strategies to keep yourself safe. This will help show you how your fears and beliefs play out in the way you behave in your relationship. Ask yourself questions, such as:

- 'What am I doing too much of in my relationship?' (e.g. criticising, avoiding conversations, silent treatment, slamming doors, etc)
- 'What am I not doing enough of in my relationship?' (e.g. sharing my feelings, praising my partner, initiating intimacy, apologising, etc)

Those behaviours would go into the 'best efforts' column. Then consider:

- 'What do I fear would happen if I did more/less of that? What is it protecting me from?' (e.g. being hurt, making mistakes, being left, others seeing that I'm not good enough)

The answers would go into the 'fears' column. It can be hard to do this on your own, as you might not be fully aware of what you're trying to keep yourself safe from. Do what you can.





 Past experiences	 Key fears/ beliefs	 Best efforts to keep safe	 Drawbacks



Try this

Your partner's jigsaw puzzle

Can you fill in the pieces of your partner's puzzle? See what you already know and discuss this with your partner to avoid jumping to conclusions.

 Past experiences	 Key fears/ beliefs	 Best efforts to keep safe	 Drawbacks