

## ***Identifying The “Crazy Dance”***

Think of a recent conflict, argument, or negative situation with your spouse---something that really “pushed your buttons”. Circle all the feelings below that indicate how this conflict made you feel about yourself. What did the conflict say about you? What were the “buttons” that got pushed? Circle all that apply, but “star” the most important feelings you felt about yourself.

<b>Rejected</b>	I’m not wanted or needed. I’m not necessary. I’m not desired. I feel unwanted
<b>Unwanted</b>	I’m not wanted. I will not be chosen. I’m stayed with out of duty, obligation, or because it’s the “right” thing to do.
<b>Abandoned</b>	I will be alone. Everyone will eventually leave me. I will be left alone to care for myself. No one will be committed to me for life.
<b>Disconnected</b>	I am, will be, or others are towards me emotionally detached or separated.
<b>Like a failure</b>	I am not successful. I do not perform right or correctly. I do not live up to expectations. I fall short in life. I am not good enough.
<b>Helpless / powerless</b>	I cannot do anything to change my situation. I do not possess the power, resources, capacity, or ability to get what I want. I am controlled by others.
<b>Controlled</b>	I am or will be controlled by others; others will exercise authority over me; I will be made to “submit;” I am/ will be treated like a child, others act as my parent
<b>Defective</b>	Something is wrong with me. I’m the problem.
<b>Inadequate</b>	I am not capable. I am incompetent. I lack what it takes.
<b>Inferior</b>	Everyone else is better than I am; I am less valuable or important than others.
<b>Invalidated</b>	Who I am, what I think, what I do, or how I feel is not valued by others.
<b>Unloved</b>	I’m not loved. Others do not love me. Important people in my life do not love me. People do not have affection or desire for me. My relationships lack warm attachment, admiration, enthusiasm, or devotion.
<b>Dissatisfied</b>	I am not satisfied by my relationships. I will exist in misery for the rest of my life. I will not be pleased in my relationships. I feel no joy in my relationships.
<b>Taken Advantage of</b>	I am taken advantage of or cheated. Things I need are withheld from me. I don’t get what I want; I feel like a “door mat”
<b>Worthless / Devalued</b>	I am useless. I have little or no value to others; I feel cheapened, less than, or undervalued. I am not seen as priceless or irreplaceable. I am not needed.
<b>Don’t measure up</b>	I am never able to meet others expectations of me. I am not good enough. My efforts will never be good enough.
<b>Unaccepted</b>	I am not accepted. The important people in my life are not pleased with me / don’t approve of me.
<b>Judged</b>	I am always being unfairly judged or misjudged. People for faulty or negative opinions about me. I am always being evaluated and disapproved of.
<b>Humiliated</b>	My self respect or dignity is destroyed.
<b>Ignored</b>	People do not pay attention to me. I am unknown. I feel neglected.
<b>Unimportant</b>	I am not important to others. I am irrelevant, insignificant, or of little priority.
<b>Intimacy</b>	I am afraid of opening up emotionally; I will be hurt emotionally if I allow others past my “walls”

<b>Misunderstood</b>	People will not/ do not understand me correctly; Others will get the wrong idea or impression about me; I am / will be misinterpreted or misread.
<b>Misportrayed</b>	Others have an inaccurate portrayal of me; I am misrepresented or represented in a false-way; I am described in a negative or untrue manner; People paint a wrong picture of me; Others have negative beliefs about me.
<b>Disrespected</b>	I am/ will be insulted; I am not admired; people have a low opinion of me; I am/ will be disregarded; I am not respected; I am not looked up to.
<b>Out of Control</b>	My life or relationships will be wild, unruly, hectic, or anxiety ridden; I am not will not be able to control my environment; things will feel disorganized or in disorder
<b>Alone</b>	I will be by myself or on my own; I will be without help or assistance; I will be lonely; I will be isolated.
<b>Insignificant</b>	I will be irrelevant to others. I will be of no consequence; I am immaterial, not worth mentioning; trivial in the eyes of others; I am of minor importance.
<b>Unknown</b>	The real me is not known. I'm a stranger with the important people in my life; I will be nameless, anonymous, or unfamiliar with the important people in my life.
<b>Boring</b>	There will be no passion in my life; Others perceive me as dull and dreary; My relationships are uninteresting; People believe that they know everything there is to know about me; I feel as if my spouse and I are just roommates- there will be no romantic feelings.
<b>Disappointment</b>	I will be a let down to those I care about; people will be disappointed with me
<b>Phony</b>	Others will see me as fake or not genuine; others will believe that I'm a fraud, pretender, or an imposter; I will be perceived as not who I say I am; I will be viewed as a hypocrite
<b>Unfair</b>	I will be treated unfairly; people want me to do things they are not willing to do themselves; there is a double standard; I will be asked to do things that are unreasonable or excessive; I am treated differently, not equally as others.
<b>Dishonesty</b>	My relationships will lack truth, honesty, or trustworthiness; Others willfully pervert truth in order to deceive, cheat, or defraud me; people will mislead, misrepresent, or lie to me.
<b>Betrayed</b>	People will be disloyal or unfaithful; my spouse has given up on the relationship; I'll be let down; my private information will be shared or revealed with others
<b>Unaware</b>	I do not know what is going on in my relationships; I do not have necessary information; I'm in the dark; I'm clueless; Things feel secretive, hidden, or undisclosed; I'll appear ignorant or uninformed; I'll be made a fool of.

**Now** what do you **do** when you feel \_\_\_\_\_ [insert the feelings circled and starred above]?

How do you react when you feel that way? Identify your common coping strategies to deal with your "buttons" being pushed. Circle all that apply--- but "star" the most important reactions:

<b>Withdrawal</b>	I avoid other or alienate myself without resolution; I sulk, use the silent treatment.
<b>Stonewall</b>	You turn into a stone wall by not responding; Catatonic like.
<b>Withhold</b>	I withhold my affections, feelings, sexual intimacy, or love from others.
<b>Avoidance</b>	I busy myself with activities to avoid situations.
<b>Escalation</b>	My emotions spiral out of control; I argue, raise my voice, fly into a rage.
<b>Earn-it mode</b>	I try to do more to earn others' love, care, or approval.
<b>Negative beliefs</b>	I believe others are far worse than is really the case; I attribute negative motives to others. I see others through a negative lens or in a negative light.
<b>Blaming</b>	I place responsibility on others, not accepting fault; I'm convinced the problem is someone else's fault.

<b>Innocent Victim</b>	I see others as malicious attackers and myself as put upon, unfairly accuses, mistreated, or unappreciated
<b>Arrogance</b>	I posture myself as superior, better than, or wiser than others
<b>Selfishness</b>	I become more concerned with myself and my interests, feelings, wants, or desires.
<b>Exaggeration</b>	I make overstatements or enlarge my words beyond bound or the truth; I use statement like “always” and “never”
<b>Tantrums</b>	I have a fit of bad temper.
<b>Denial</b>	I refuse to admit the truth or reality.
<b>Invalidation</b>	I devalue others, I do not appreciate who others are, how they feel, what they think, or what they do.
<b>Defensiveness</b>	Instead of listening, I defend myself by trying to provide an explanation.
<b>Clinginess</b>	I develop a strong emotional attachment or dependence on others.
<b>Passive-aggressive</b>	I display negative emotions, resentment, and aggression in unassertive passive ways, such as procrastination or stubbornness
<b>Caretaking</b>	I become responsible for others by giving physical or emotional care and support to the point I am doing everything for them and they do nothing to care for themselves.
<b>Acting Out</b>	I engage in negative behaviors or addictions like drug or alcohol abuse, extra-marital affairs, addictive sex, self-harm, excessive shopping or spending, overeating, or controlling my eating.
<b>Pacify</b>	You try to soothe, calm down or placate others; you try to get them to not feel negative emotions
<b>Fix-it mode</b>	I focus almost exclusively on what is needed to solve the problem.
<b>Ruminate</b>	I replay arguments over and over; I don't stop thinking about conflicts, what people do to frustrate, or hurt me.
<b>Control</b>	I hold back, restrain, oppress, or dominate others; I “rule over” them; I talk over or prevent them from having a chance to explain their position, opinion, or feelings.
<b>Independence</b>	I become ultra independent to separate my self from others in attitude, behavior, and decision making.
<b>Re-write History</b>	I recast earlier times in a negative light; I recall of previous disappointments and slights become dramatically enhanced
<b>Demand</b>	I try to force others to do something, usually with implied threat of punishment if they refuse.
<b>Annoying Behavior</b>	I use irritating habits or activities to infuriate, annoy, upset, or to get on others nerves.
<b>Provoke</b>	I intentionally aggravate, hassle, goad, or irritate others.
<b>Pessimism</b>	I become negative, distrustful, cynical and skeptical in the way I view others/relationships
<b>Complain / Criticize</b>	I express unhappiness or make accusations; I present a “laundry list” of faults.
<b>Belittle</b>	I devalue or dishonor others with words or actions; I call names, use insults, ridicule, take potshots, or mock
<b>Pursue the Truth</b>	I try to determine what really happened or who is telling the truth
<b>Right/Wrong</b>	I argue about who is right and who is wrong; I debate whose position is the correct or right one

<b>Stubborn</b>	I will not budge from my position; I become inflexible or persistent
<b>Righteous</b>	I make it a moral issue or argue about issues of morality or righteousness
<b>Righteous indignation</b>	I believe I deserve to be angry, resentful, or annoyed with others because of what they did
<b>Lecture</b>	I sermonize, talk down to, scold, or reprimand others.
<b>Cross-Complain</b>	I meet others complaints (or criticism) with an immediate complaint of my own, totally ignoring what the other has said, or not giving it real consideration.
<b>Striking out</b>	I become verbally or physically aggressive, possibly abusive.
<b>Manipulation</b>	I pursue other to get them to do what I want; I control others for my own advantage.
<b>Mind Read</b>	I make assumptions about others private feelings, thoughts, behaviors, or motives
<b>Repeat yourself</b>	I repeat back my own position over-and-over instead of understanding others positions
<b>Anger or rage</b>	I display strong feelings of displeasure or violent and uncontrolled emotions.
<b>Catastrophize</b>	I use dramatic, exaggerated expressions to depict situations are dangerous or near complete failure, destruction.
<b>Emotionally shutdown</b>	I numb out emotionally; I become devoid of emotion, or I have no regard for other's needs or troubles.
<b>Humor</b>	I use humor as a way of not dealing with the issues at hand.
<b>Play dumb</b>	I pretend not to understand or know what others are talking about.
<b>Sarcasm</b>	I use negative humor, hurtful words, belittling comments, cutting remarks, or demeaning statements.
<b>Whine</b>	I express myself using a childish, high-pitched nasal tone and stress on y syllable toward the end of the sentence.
<b>Nag</b>	I badger, pester or harass other to do something I want
<b>Minimization</b>	I assert that others are overreacting, I intentionally underestimate, down play, or soft pedal the issue.
<b>Negative Body Language</b>	I give false smiles, smirk, glare, shift side-to-side, or fold my arms across my chest.
<b>Yes, but...</b>	I start out agreeing (yes) but I end up disagreeing (but)
<b>Dump on</b>	I emotionally "vomit", unload, or dump on others.
<b>Rationalization</b>	I attempt to make my actions seem reasonable; I try to attribute my behavior to credible motives; I try to provide believable but untrue reasons for my conduct.
<b>Indifference</b>	I am cold and show no concern.
<b>Abdication</b>	I give away responsibility.
<b>Self-Abandonment</b>	I desert myself; I neglect myself; I run myself down; become very critical of myself

***After working through this exercise it's likely that you identified a number of ways you feel and react during conflicts with your spouse. Your counselor at Tri-Lakes Relational Center Springfield will help you make sense of the cycle and talk with you about how to break out of it and how to start a different cycle that will build up your relationship instead of tear it down.***