

What Triggered me?

- I felt excluded
- I felt Powerless
- I felt unheard
- I felt scolded
- I felt judged
- I felt blamed
- I felt disrespected
- I felt a lack of affection
- I felt I couldn't speak up
- I felt lonely
- I felt ignored
- I felt I couldn't be honest
- I felt like the bad guy
- I felt forgotten
- I felt unsafe
- I felt like it was unfair
- I felt frustrated
- I felt disconnected
- I felt trapped
- I felt a lack of passion
- I felt uncared for
- I felt manipulated
- I felt controlled

The Gottman Institute

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