

## The Negative Cycles

- Find the Bad Guy
  - attacking, accusing and finding blame in the other - to protect self
  - “You’re always/never...”
  - “This wouldn’t happen if you...”
  
- Protest Polka
  - criticize / defend, demand / withdraw
  - desire for secure attachment in the relationship, ensures distance
  - pounding on the door / barricading the door
  
- Freeze and Flee
  - withdraw / withdraw
  - repress emotions and needs, retreating from hurt and pain
  - shut down and freeze in either defense or denial
  - self-protective mode, denying want or feelings for the other or the relationship

## The Four Horsemen<sup>29</sup>

Built on (distortion of)	Characteristic (behavior)	Promises (expectation)	Delivers (results in)	Antidotes
accountability	<b>criticism</b>	awareness	shame	engagement and vulnerability
discernment	<b>contempt</b>	justice	judgment and superiority	appreciation, empathy and compassion
boundary-setting	<b>defensiveness</b>	reverse course	division and self-promotion	accepting responsibility, apology and self-awareness
self-care and preservation	<b>stonewalling</b>	avoid conflict	separation and isolation	self-regulation and co-regulation

<sup>29</sup> Adapted from Johnson, S. (2008). Hold me tight: Seven conversations for a lifetime of love; Gottman, J., & Silver, N. (2015). The seven principles for making marriage work: A practical guide from the country's Foremost relationship expert. Harmony.