

Understanding Couple Reactivity

Your EMET Trauma Practitioner can help you gain new understanding about what really happens when you experience over reaction or under reaction during marriage conflicts. This is NOT a professional diagnosis or designed to provide marriage counseling therapy but rather to help you gain an understanding of what is happening underneath the negative responses that happen in your marriage.

COUPLE NAME:		COUPLE NAME:	
AGE OF INJURY:		AGE OF INJURY:	
COPING MECHANISMS:		COPING MECHANISMS:	
(Automatic behaviors)		(Automatic behaviors)	
STRONGHOLD: (MIND)		STRONGHOLD: (MIND)	
HEARTGUARD:		HEARTGUARD:	
WARFARE:			
CENTRAL EMOTION:		CENTRAL EMOTION:	

**Lord,
 Help us bring healing to each other by learning to love each other well. Forgive our over reactions from our past wounds.
 Take down the bricks, take down our walls, take away our heart guards. Help us have new eyes to see and new understanding.
 IJN, Amen**