

# Identify the DRAIN in Your Relationship

Name:

Date:

## Purpose:

To identify the ways in which you and your partner disconnect, become reactive, avoid issues, get trapped in mental loops, or neglect values.

## D - Disconnection

- How do I disconnect from my partner?
- How does my partner disconnect from me?

## R - Reactivity

- How do I react impulsively or automatically?
- How does my partner react impulsively or automatically?

## A - Avoidance

- How do I try to avoid my painful feelings?
- How does my partner try to avoid his/her painful feelings?

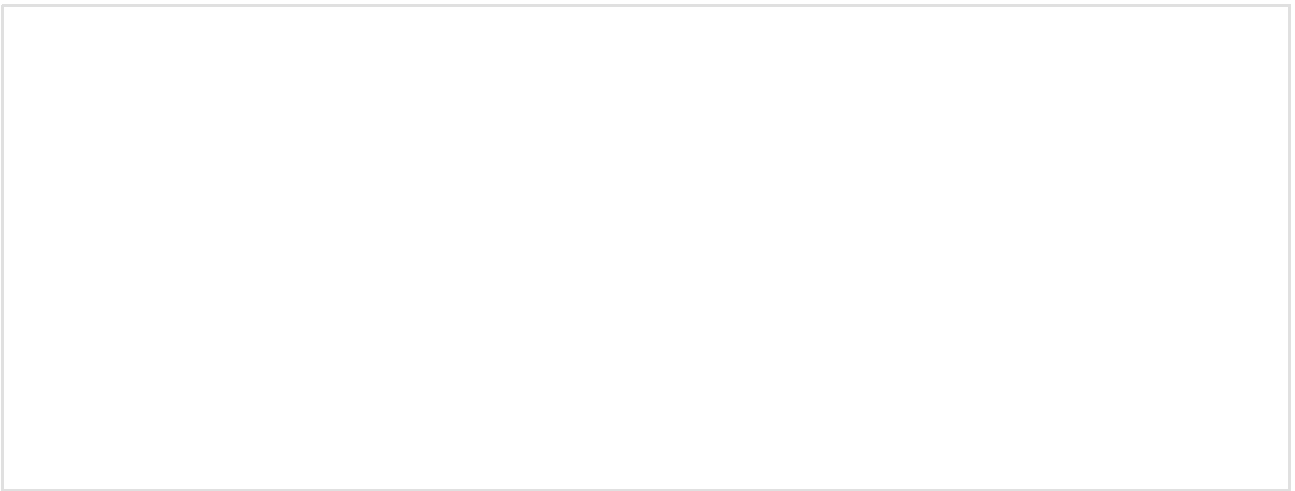
## I - Inside Your Mind

- How do I get trapped inside my mind?
- How does my partner get trapped inside his/her mind?

## **N - Neglecting Values**

- What core values do I neglect when I am disconnected, reactive, avoidant, or trapped inside my mind?
  
- What core values does my partner neglect?

## **Additional Notes:**

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