



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 24 Action Guide: Earned-Secure Behaviors

Insecure Reactions Inventory

Put a check mark next to the following behaviors you recognize in yourself:

Mind reading and jumping to conclusions without asking questions or getting curious.

Passive-aggressive behaviors like sarcasm, the silent treatment, or deliberate button pushing.

All-or-nothing thinking that leads to putting the person on a pedestal or catastrophizing the outcome of the relationship.

Recalling only the negative of the other person or bringing up past offenses while in a conflict.

Manipulating the situation to get attention or get your way.

Picking a fight to get some kind of reaction out of the other person.

Hostile behaviors like dirty looks, rolling your eyes or getting up and stomping out of the room.

Withdrawing by acting busy or appearing unapproachable.

Excessively attempting to connect through repetitive emailing, calling or texting.

Tit for tat: Keeping score and making sure you pay them back "blow for blow".

Distancing mentally or physically, isolating and shutting people out. Feeling the need to get away.

Making critical remarks and belittling others.

Minimizing emotional sharing and limiting vulnerability in relationship.



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Expressing rage or violent behavior toward another person.

Repressing feelings of love and concern.

Being aloof and self-sufficient.

Dismissing the needs and emotional cues of others. Ignoring them, not listening.

Are there any other reactions you notice in yourself that are not listed above? Write them here:

(Pause: Take a deep breath. Practice self-compassion)

Put a check mark next to the following secure resilient actions you would like to put into practice (Pivot):

Regulating your emotions.

Practicing curiosity.

Listening with empathy.

Reaching for connection when you feel the impulse to shut down or withdraw.

Keeping the conflict “current” and refusing the compulsion to drag past misunderstandings or unhealed wounds into the argument.



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Speaking and acting in an encouraging way. Choosing to find one positive trait or action you can highlight and acknowledge with the other person.

Making yourself available to others.

Practicing effective communication: be honest, clear and straight-forward.

Express how you feel and ask for what you need.

Identify one behavior you will practice the Pause & Pivot around this week: