

# How You Show Up Exercise

## How You Show Up Exercise

**If you recognize how you show up,** list out some of your relationship-wrecking responses here:

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**If you don't recognize how you show up,** reflect on the following questions:

- What does my partner accuse me of most? Can I identify some truth in the accusations? Where?
- When my partner approaches me with a need, my immediate response is to

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### **Ways I can change how I show up:**

- Ask for a pause.
- Fact-check your assumptions.
- Restate what your partner said.
- Take notes and regulate before responding.
- Take four deep breaths (google "box breathing" for tips).
- Explain how you're feeling in the moment before responding to content.

My plan for the next time I'm tempted to respond in a relationship-wrecking way is to

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