

Exercise 1

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## DO YOU PREFER FIGHT OR FLIGHT?

When things are bad, and the two of you are not getting along, and you're feeling upset, what are you more likely to do?

On each line, check one:

- |   |    |   |
|---|----|---|
| <input type="checkbox"/> Engage           | or | <input type="checkbox"/> Disengage        |
| <input type="checkbox"/> Approach         | or | <input type="checkbox"/> Avoid            |
| <input type="checkbox"/> Push forward     | or | <input type="checkbox"/> Pull back        |
| <input type="checkbox"/> Open up          | or | <input type="checkbox"/> Shut down        |
| <input type="checkbox"/> Talk more        | or | <input type="checkbox"/> Talk less        |
| <input type="checkbox"/> Talk now         | or | <input type="checkbox"/> Talk later       |
| <input type="checkbox"/> Get louder       | or | <input type="checkbox"/> Get quieter      |
| <input type="checkbox"/> Get more intense | or | <input type="checkbox"/> Get more subdued |

If you have more checks in the first column, you prefer "fight."

If you have more checks in the second column, you prefer "flight."

So, what's your preference?

- Fight**   or    **Flight**

Exercise 2

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## YOUR PARTNER'S PREFERENCE

When things are bad, and the two of you are not getting along, and your partner is upset, what is your partner more likely to do?

On each line, check one:

- |   |    |   |
|---|----|---|
| <input type="checkbox"/> Engage           | or | <input type="checkbox"/> Disengage        |
| <input type="checkbox"/> Approach         | or | <input type="checkbox"/> Avoid            |
| <input type="checkbox"/> Push forward     | or | <input type="checkbox"/> Pull back        |
| <input type="checkbox"/> Open up          | or | <input type="checkbox"/> Shut down        |
| <input type="checkbox"/> Talk more        | or | <input type="checkbox"/> Talk less        |
| <input type="checkbox"/> Talk now         | or | <input type="checkbox"/> Talk later       |
| <input type="checkbox"/> Get louder       | or | <input type="checkbox"/> Get quieter      |
| <input type="checkbox"/> Get more intense | or | <input type="checkbox"/> Get more subdued |

If you have more checks in the first column, your partner prefers “fight.”

If you have more checks in the second column, your partner prefers “flight.”

So, what's your partner's preference?

- Fight**    or     **Flight**

Are you two different? Does one of you prefer fight and the other prefer flight?

If so, proceed to **Exercise 3**.

Or

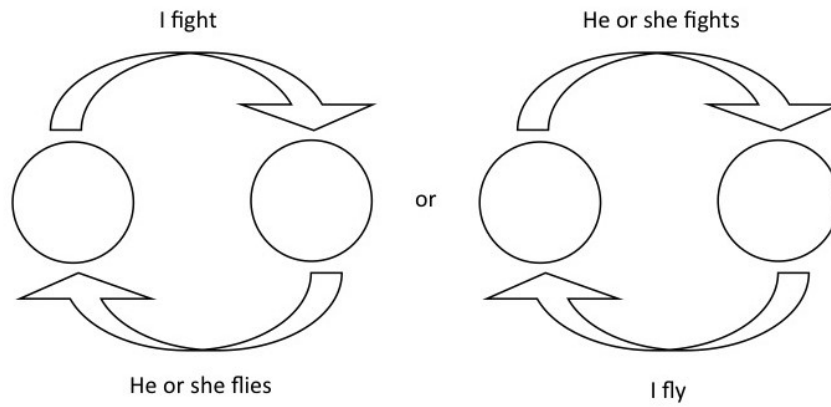
Are you two the same? Do you both prefer fight? Or both prefer flight?

If so, skip **Exercises 3–10**, and go to **Exercise 11**.

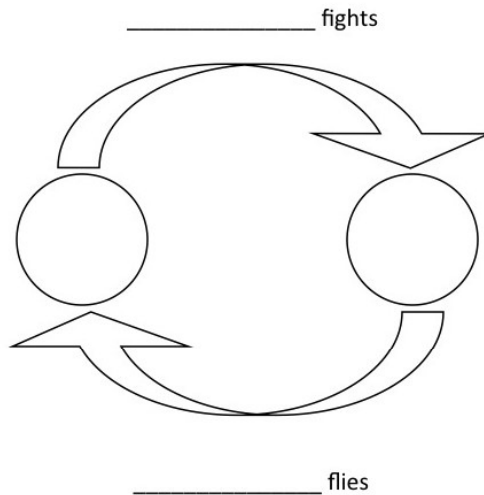
Exercise 3

**PUT YOURSELVES ON THE DIAGRAM**

Your Fear Cycle diagram will look like one of these.



Put your names on the diagram below. The fighter goes on top; the flier goes on the bottom.



152 LOVE CYCLES, FEAR CYCLES

Fill in the blanks below with your names:

The more \_\_\_\_\_ fights, the more \_\_\_\_\_ flies.

The more \_\_\_\_\_ flies, the more \_\_\_\_\_ fights.

Could this be true?     yes     no