



# *Prevent Misunderstandings from Ruining Your Relationship*

*How to Resolve Anger and Easily See Eye-to-Eye*

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*Workshop 8 Exercise*

**SELF-REGULATION**

**METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC**

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**Part II**  
**Use Your Feelings to Change Your Relationship & Your Life**

*Take the Anger Style Quiz provided at the end of this packet.*

What is your Anger Style:

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Describe how your Anger Style plays out in your relationship:

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What impact does it have on your relationship and your partner?

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What impact does it have on you?

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What feelings are underneath your anger?

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What are your typical vulnerable feelings?

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Translate these feelings into needs?

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How do you usually try to meet these needs?

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How does that work out? What can you do differently?

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Identify a repeatable behavior that meets the theme of your needs and implement it immediately!

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**Part III**  
**Continue to Clean the Drivers**

Referring to the Fuel Equation, determine how you can step up your game in each of its components:

***The Fuel Equation***

**Thoughts -> Feelings -> Actions = Results**

***In reactivity mode, the thoughts*** are dirty (distorted) and not self owning. The 80/20 rule is inverted where the partner is found to be 80% at fault and we own only 20% of what is happening.

Identify an aspect of your thinking that is still keeping you stuck. Transform it to capture the concepts you've learned:

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***In reactivity mode, the feelings*** are noisy or dull (symptomatic). We don't feel well and wallow in the state.

Identify what noisy or dull tendencies you have – what are your go to, default feelings when things don't go as expected? Decide how you will choose a different feeling and work on changing your state in similar situations going forward:

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***In reactivity mode, the actions*** and behaviors we engage in don't serve us. They actually set us up to fail and undermine what we are trying to accomplish.

Identify the defense mechanisms you use, how you tend to sabotage intimacy, how do you keep your self safe, how do you keep your self small, how do you keep your self from living life to the fullest? Choose an alternate recurring behavior you will implement immediately or a personal characteristic you'll own more in more situations:

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**Implement a richer self-care practice:**

*Capture your current self-care practice and add two more to your repertoire (continue on back of page if necessary). Here are some things to consider having in place:*

- Prayer
- Affirmations
- Visualization
- Meditation
- Journaling
- Yoga
- Massage
- \*Tapping (new!)
- Clean nutrition
- Hydration
- Exercise
- Support groups

Activity	Frequency	Schedule
<i>i.e., Yoga</i>	<i>3x/week</i>	<i>Mon/Wed/Fri at 6:30am at studio down the street</i>
	5	



**Part IV**  
Continue to Synchronize

*Being intentional about how you operate as a couple goes a long way to prevent triggers, avoid conflicts, nurture the relationship and create the lifestyle that honors you both. Review the categories below and describe what you already do that works well and what is not working that gets you stuck for each.*

- **Mind your schedules and calendaring**

*[i.e., what time do you get up and go to bed, how much time and what kind of time do you spend together]*

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- **Set up appropriate structures, systems, and routines**

*[i.e., for completing chores, having dates]*

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- **Stay connected**

*[how, when, etc.]*

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- **Transition intentionally**  
*[preferences for switching gears...]*

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- **Stay current – share, plan, divide & conquer, check-in**  
*[i.e., have a weekly meeting to take care of business]*

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*Select an area from above to focus on, and note what you will implement and do different to make changes in that area.*

**TARGET AREA:** \_\_\_\_\_

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**Part V**  
**Increase Your Connection!**

Create a relationship ritual that is meaning and fun to do on a weekly basis:

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**List Your Main Takeaways:**

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**Onward with Clarity, Certainty, Courage, Confidence & Conviction!**



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