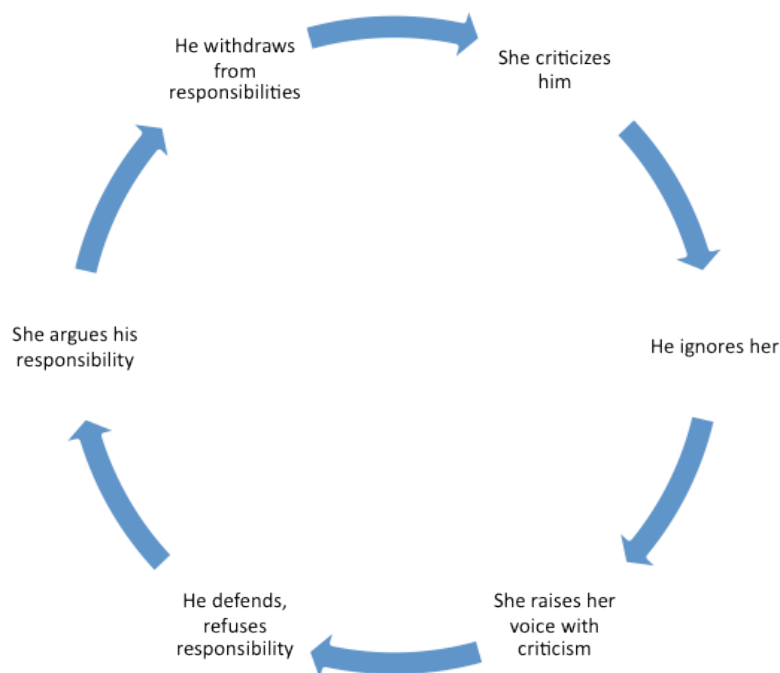


Intervention worksheet ideas for couple:

Negative Reciprocity Cycle Worksheet

Use the graphic below to help identify negative reciprocity cycles in your relationship. Notice that a negative event could begin at any point around the circle.

Example:



“Take the first step in faith. You don’t have to see whole staircase, just take the first step.” – Martin Luther King Jr.

Negative Reciprocity Cycle Worksheet (cont.)

Use the space below to brainstorm some of the triggers that may enter your marriage into the cycle of negative reciprocity. Some examples are provided that may help you through this exercise. After you have finished, fill in the blank cycle of negative reciprocity.

Examples:

1. If your spouse says something mean and hurtful to you, you should say something mean and hurtful back.
2. If your spouse hurts your feelings, you should take revenge by hurting him back.
3. If your spouse fails to keep a promise, you should break one of your promises.

