

# PULLING BACK

## *When Feelings Get in the Way of Communication*

**Check the behaviors, people, or situations that trigger your emotions?**

- I see the same problems over and over again
- Someone refuses to take responsibility for a problem
- I feel guilty about putting my family in this situation
- I get the sense that people think I am crazy or too demanding
- The issue is too close to the bone for me
- I just cannot listen to any more excuses or explanations
- I think the other person is lying
- I think one person is right and another is wrong
- She/he just doesn't understand how important this is
- My idea is brilliant and the other person won't accept it
- I think this will go on forever and will not get any better
- Someone's behavior reminds me of my mother/spouse/ex . . .
- I'm tired, stressed, or just not up for this
- **Others:**

**List what you usually do (what is your usual pull-back strategy) to calm yourself down? Identify one method to use in the moment and one to use to help you prepare for stressful situations.**