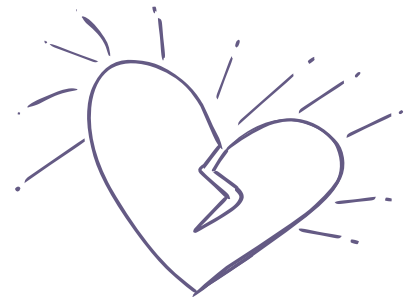


IDENTIFYING YOUR
LOSING STRATEGIES



We all have certain ‘losing strategies’ we use in our relationships. It’s normal to use these strategies, and we have good reasons for using them. The problem is, they don’t work. Instead of giving us what we want most—connection, they actually distance us from our partners. When we know what losing strategies we lean toward and why, we can break the cycle. Here’s an exercise to help you and your partner identify which strategies you gravitate toward.

My most usual Losing Strategies are....

.....

.....

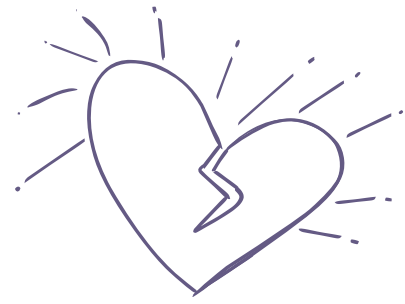
What I think my (current or past) partner’s are/were...

.....

.....

*Worksheet taken from [Terry Real’s Relational Life Institute](#)

IDENTIFYING YOUR
LOSING STRATEGIES



What I imagine he/she/they would say mine are/were...

.....

.....

What I think my (current or past) partner's are/were...

.....

.....

*Worksheet taken from [Terry Real's Relational Life Institute](#)