

**Choosing the Relationship (for Escape Behaviors)**

**A. Defining My Behaviors**

1. These are the things I've done to numb or escape my emotions:

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2. These are things that lead to escape behaviors for me:

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3. These are the ways I've objectified you (realize these are escape behaviors):

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4. These are the ways I've manipulated you (tried to make you do what I want):

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**B. Justifications and Rationalizations (use answers from section A)**

1. These are the lies I've told myself and the justification that went along with it (I told myself \_\_\_\_, so it wasn't acting out because \_\_\_\_):

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2. These are the ways I've rationalized not telling you:

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3. These are the fears behind the justifications for not telling you:

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**C. Identifying, Changing, and Maintaining**

1. This is how I'm going to consistently review my actions and identify numbing or escaping behaviors, honesty, patterns of deception, rescuing behaviors, resentments, and unmet needs, and patters of manipulation.

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2. This is how I'm going to proactively share that information with you

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3. These are the steps I will take to change my behaviors once they've been identified and shared

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4. This is how I'm going to continue to check in with myself and you around my behaviors

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