

Disconnection begins with a slight feeling that is hard to explain and then it grows into specific behaviors

<b><u>Connected</u></b>	<b><u>Disconnected</u></b>
You call throughout the day	Do not call and are very brief calls
Check ins are consistent and in depth sharing feelings good or bad, struggles, successes	Check ins are sporadic or stop and are vague and done without emotion or empathy
Dailies are consistent and done with emotion that lead to deeper conversations and allow the freedom to question and you get curious and ask me questions	Dailies are robotic inconsistent and very little emotion is expressed, no deeper conversations, and no curiosity. I feel like I am unable to ask questions, it feels unsafe
You are open with what you are learning about yourself from therapy, groups, books, podcasts and you allow me to discuss and ask questions about these things	Shut down, say very little, no emotions involved, I have no idea even what podcasts if any you are listening to, what you are learning, and theres no safety to discuss
Curiosity, you ask how I feel, you notice if something is off with me, if I am triggered you talk it out with me, you show remorse and empathy	Ignore me, no curiosity, very vague, defensiveness, sweep problems under the rug as if they didn't happen
Spend time with me dates etc, do special things for me, present with me, makes me feel special	Too busy, avoid spending alone time together or make plans with others but not me, makes me feel unloved
Pray together and I feel safe to be vulnerable to pray with you	Sporadic prayer, I usually don't pray because I don't feel safe enough to be vulnerable
Genuine affection, hold me, kiss me, flirt with me, sexual and nonsexual touch, playfulness	Lack of affection or it becomes dutiful and quick, I am not held, flirting stops, no playfulness or touch
Sex	No sex
Follow thru with what you say you will do	Avoid doing what you say
Educate yourself-read, podcasts etc	Stop doing these things
Empathy, remorse, compassion, understanding	Defensive, resentment, anger, blank stares or stonewalling
You discuss things before hand either decisions being made or plans	You make decisions on your own or make plans without talking to me
I feel loved, desired, seen, heard, special	I feel hated, unwanted, rejected, abandoned, neglected, not good enough, stupid,

I feel like your partner and wife	I feel like a roommate
I feel safe and trust is built	I feel unsafe, anxious, fear, and distrust
I can feel your heart being genuine and open the walls are being torn down resentments go away	Your heart is closed, walls are up, and resentment and anger bubbles under the surface
I feel I am married to an adult	I feel I am married to a child with childish behaviors
Take responsibility for actions	Become a victim, blame, make excuses etc
You are less triggered	You are very easily triggered
You are able to recognize when emotions come up that they come from your childhood. You self reflect and share those things	You do not recognize whats coming up and blame others for your emotions You do not self reflect and if I ask questions you get angry and defensive
Repair quickly, make amends, and self correct	Avoid talking or apologize Sweep it under the rug continue to withdraw and abusive behaviors ramp up until we are in full blown crisis
Try to find solutions to problems and will be open to talking about them with compassion	Get big, controlling, avoid
Kind and loving tone of voice	Harsh tone as if I am your employee or enemy
Very few assumptions/false narratives and if anything comes up you will discuss and ask me about them	You make assumptions and false narratives frequently but refuse to discuss them or self recognize that you are doing it (so it seems)
Selfless think of me first and the kids, remain in the couple bubble	Selfish think of yourself and leave the couple bubble
Make my safety a priority	Not concerned with my safety and expect me to handle things on my own (refuse to hold the bag)
The kids and I enjoy being around you, to do things with you	We do not like to be around you and tension is created in our home
I feel relaxed and my nervous system calms	I feel anxious, I have migraines, stomach issues, and frozen
You give me thoughtful genuine gifts that I really like and you choose them on your own	You give me gifts that are not me at all, not really genuine or thought about, and you have others pick them out

You have a calm, relaxed demeanor	You are very edgy and tense
While talking you're present, you hear me, you're attentive	Leave the room or pick up the phone
Fairness and mutuality	Double standards-it's ok for you to do things but no me