



"Moving out of blame-or-explain and into responsibility is a monumental shift out of struggle and into possibility. A powerful antidote to the depression and bitterness that result from feeling powerless, a victim of circumstances."

Julia Colwell, PhD

### SOUNDS LIKE

- You make me feel \_\_\_\_\_
- You do/don't \_\_\_\_\_
- They/It made me \_\_\_\_\_
- Scapegoating people, politics, weather, substances, habits, addictions, disorders, bad luck, etc.
- Blaming, defending, explaining or complaining without stating wants

### FEELS LIKE

- Hurt, betrayed, disappointed, depressed, helpless, defensive, pressured, resistant, small, childish, enmeshed, 'loss of self' and other painful feelings (you are feeling this because you are rightfully feeling this way due to not getting your connection needs and wants met)
- Misunderstood, confused, blamed, disrespected, unloved or unsafe
- Needy to get others to validate how you feel or what you are perceiving
- Feel your partner is controlling or critical
- Feel too needy or feel bad for even having needs, wants or limits
- Feel others' will always disappoint you no matter what (even if you communicate your needs, wants and limits clearly)

**Important Note:** Like any "power-under" position you didn't consciously choose, you're bound to retaliate with: (1) passive-aggressive or distancing behaviors, (2) child-like compliance, (3) out-of-control rebellion, or (4) angry blaming and resenting (grappling to 'power-up' but perpetuating the "power-under" position even more).