

Identifying relationship D.R.A.I.N

What I do that drains us

In any relationship we run the risk of acting and thinking in ways that are inconsistent with who we want to be as a partner. We may start conflicts, run away from situations, or get stuck in stories we tell ourselves about our relationship. These actions DRAIN our relationship and cause us to move further away from a happy and loving relationship. Take a moment to work through the exercise to identify what you and your partner do that causes DRAIN in your relationship.

D

DISCONNECTION

How do I disconnect from my partner?

R

REACTIVITY

How do I react impulsively or automatically, without stopping to consider what I am doing?

A

AVOIDANCE

How do I try to avoid painful feelings that are related to the issues in this relationship?

I

INSIDE MY MIND

How do I get trapped inside my mind?

N

NEGLECTING VALUES

What core values do I neglect, forget about, or act inconsistently with?

My partner's D.R.A.I.N

What I see my partner do. Describe behaviour, not character.

D	DISCONNECTION How does my partner disconnect from me?	
R	REACTIVITY How does my partner react impulsively or automatically?	
A	AVOIDANCE How does my partner appear to avoid or get rid of their painful feelings?	
I	INSIDE MY MIND How does my partner seem to get trapped inside their mind?	
N	NEGLECTING VALUES What core values does my partner seem to neglect, forget about, or act inconsistently with?	

Common examples of DRAIN

From the original, then the opposite moves

Disconnection: Getting bored or irritable, stop listening, going cold, shut down, walk away.

Reactivity: Yelling or snapping, swear, storm off, say hurtful things, criticize, blame, accuse.

Avoidance: Avoid talking about issues, turn to distractions, use alcohol or substances.

Inside the mind: Worry, dwell, re-live hurts, stew over everything that's wrong with my partner.

Neglecting values: Lose touch with values such as being loving, kind, caring, compassionate.

THE OPPOSITE OF DRAIN · ADDITION

Connection: turn toward: look up, listen, reach out first.

Responsiveness: pause, then choose the response that fits your values.

Acceptance: make room for the painful feeling instead of running.

Presence: notice when you are in your head and come back to the room.

Values in action: do one small thing today the partner you want to be would do.

The DRAIN move I do most, and what it is usually protecting me from

The antidote I will try this week, in a specific moment

What I would like my partner to know about my DRAIN, in my own words
