**How to get to (find) the core issue**

*We need to identify 1) the trait/behavior of the other person that triggers us and 2) what that behaviors brings up in us. I have two examples below. person A and person B.*

**1. Identify the core complaint of your partner (or person you have issue with):**

Person A. They disrespect me and talk down to me. They are mean and critical.

Person B. She is angry. She’s impatient

**2. Identify the feeling that brings up in you:**

A. I feel judged, unheard and not respected.

B. Fear. I’m afraid of anger. Making my partner unhappy. Fear of abandonment.

**3. Where in your body do you feel that?**

A. My throat, my heart

B. My belly, guy

**4. Who in your past has treated you similarly?**

1. Dad
2. Dad

**5. What did they do back then?**

1. He never wanted to hear what I had to say and would put me down
2. He always wanted more, never satisfied. Very critical. Found fault.

**6. Identify the feeling that brought up in you as a child:**

1. I felt criticized, unheard and not respected and talked down to, like I could never do anything right.

**7. Dig deeper, what’s under feeling not respected?**

1. Anger. I just want to be heard.
2. Sadness.

**8. Under that?**

1. Sad, I feel missed, unseen, and unsupported

**9. Under that?**

1. I feel unlovable and like I don’t have value.
2. I’m not good enough. Inadequate.

**10**. **What strategies arose out of you feeling this way? What did you do to avoid more hurt and get love?** (hiding, performing, achieving, being nice, being a good boy or good girl, running way to sex, drugs, rock n roll, etc)

A. I beat up on myself. I used that to do well in school and excel to prove to my dad that I was smart and competent.

**11. The root issue for me to focus on during this course, teach my partner about, and clear?**

1) **Other person:** Judging, critical, disrespect,

2) **In me:** Feeling unlovable and like my voice doesn’t matter.

*Remember, we MUST teach our partner about our core issues that get triggered in us within the context of the relationship. Remind them, it’s normal, it’s okay, and it’s really not about them. They simply trigger the older issue that is unresolved.*

*----Jayson Gaddis ©----*