

## NazaZoom March 2022 Breakout EQUIP to ENGAGE

featuring **Dr. David & Lisa Frisbie**

### Relational Styles during times of **Conflict & Stress** Patterns of **Emotional Response**

#### **RELATIONAL STYLES Question # 1** (fight or flight question)

When there is conflict happening in a relationship, do I find myself wanting to \_\_\_\_\_ it right now, or would I rather \_\_\_\_\_ and deal with it later ?

#### **RELATIONAL STYLES Question # 2** (first hide and seek question)

When I am really upset or angry about something, am I more likely (in general) to \_\_\_\_\_ that I'm mad, or do I really try to \_\_\_\_\_ a \_\_\_\_\_ on it ?

#### **RELATIONAL STYLES Question # 3** (second hide and seek question)

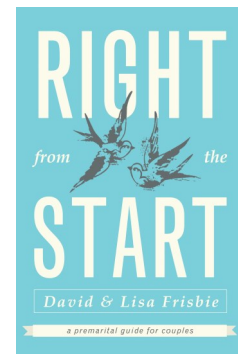
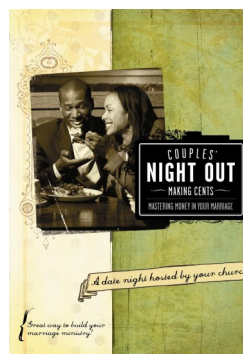
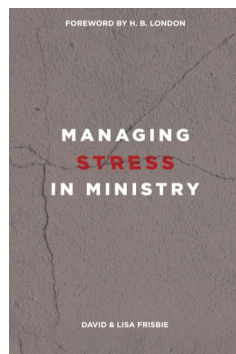
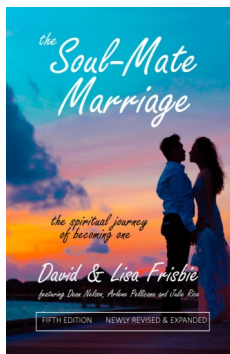
Can the people around me usually tell what kind of \_\_\_\_\_ I am dealing with, or have I grown up learning how to \_\_\_\_\_ and \_\_\_\_\_ my true feelings ?

#### **RELATIONAL STYLES Question # 4** (mute button/duct tape question)

When I get really upset, am I likely to \_\_\_\_\_ harmful or hostile, something that I \_\_\_\_\_ in the moment but might regret later ?

#### **RELATIONAL STYLES Question # 5** (safe to spill question)

When I'm dealing with powerful and explosive emotions, is there somewhere I can go where it is \_\_\_\_\_ and \_\_\_\_\_ to talk about my emotions? If so, \_\_\_\_\_ ?



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