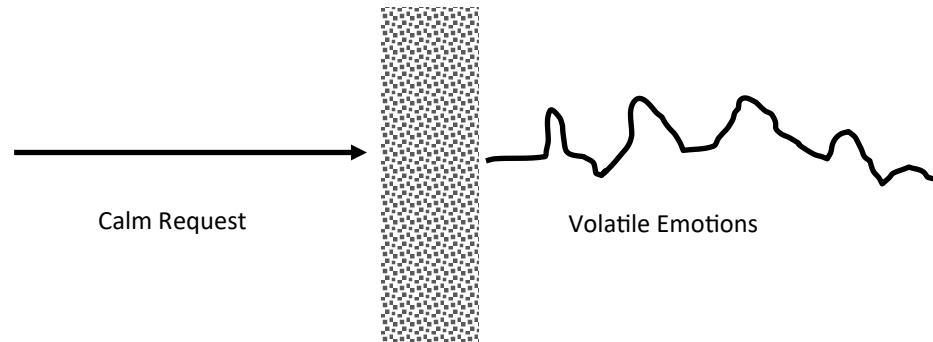


ABANDONMENT FILTER

Believing anyone who comes close will eventually leave you.

TRIGGER

“Honey, it’s been really stressful at the hospital. I just need a few days hiking with the girls to clear my head.”



REACTION

Thought, feeling or behaviour.

She’s going to leave me.

She is leaving me.

I’ll end it now before she does!

“If you walk out that door,
we’re done!”



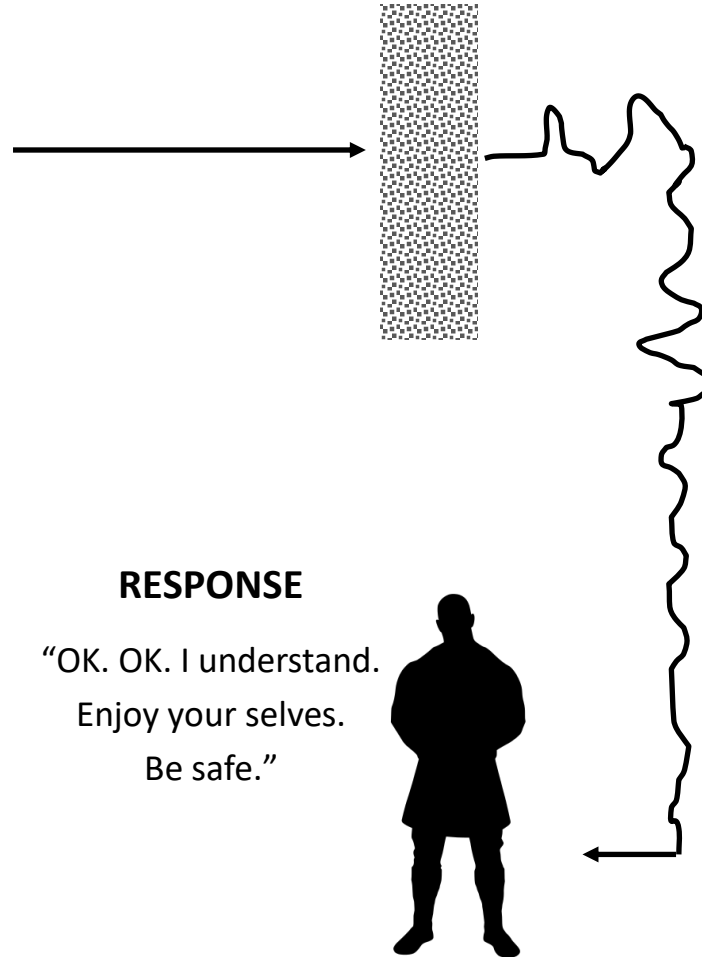
1. How you react when seeing the world through an unhelpful filter.

ABANDONMENT FILTER

Believing anyone who comes close will eventually leave you.

TRIGGER

“Honey, it’s been really stressful at the hospital. I just need a few days hiking with the girls to clear my head.”



RESPONSE

“OK. OK. I understand. Enjoy your selves. Be safe.”

USE EMOTION MANAGEMENT SKILLS

Filter Identify: be aware of unhelpful filter.

Distancing: do not react to emotions

Communication: express how you feel and your needs, and listen to your partners needs.

Abuse Avoidance: communicate in a non-blaming or aggressive way.

Filter Challenge: How can I look at this problem, and the world, differently?

“Not everyone has left me. Maybe she won’t?”

2. Use Emotion Management Skills to influence how you think, feel and act.

HELPFUL FILTERS

Through repeated use of skills, replace negative filters with positive ones, such as:

Caring: I understand you have your own needs.

Boundaries: I understand you need your own space, and need time with your friends.

Efficacy: I can cope on my own.

Relationship Stability: my important relationships are stable.

TRIGGER

“Honey, it’s been really stressful at the hospital. I just need a few days hiking with the girls to clear my head.”



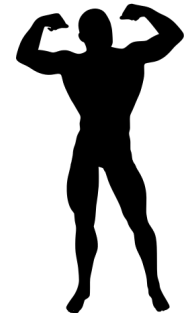
Calm Request



Managed Emotions

RESPONSE

“Hey, have a great time. If I’m not in when you are back I’ll be with John. We going to the gym.”



3. Long term, use skills to replace your unhelpful filters with helpful ones.