

CARE CYCLE WORKSHEET

How to exit the Reactive Cycle and Attend to your heart with God

AWARE

My physiological alarms are telling me I'm in the reactive cycle.

ACCEPT

My feelings are important and need to be attended to. If I proceed in my reactive mindset, I am not acting as my best self.

ARTICULATE

How to Exit the Reactive Cycle with a Commitment to come back.

I need to stop and get to the Care Cycle. Let's both STOP and go to our Care Cycle. I Commit to coming back and talking (name a specific time if able.)

ALLOW

Open your Heart to the Healer for today's hurts and past wounds.

God, my heart is hurt. I am angry, sad, scared and hurt. Take my anger and fill me with your love and the fruit of the Spirit (peace, patience, self control.) Show me, Lord, what is hurt in my heart today. Help me see the log in my own eye, the ways I may be contributing in my hurt and fear. Help me remember my spouse is not my enemy and we have the same enemy. Fill me with compassion to see myself, my spouse and this situation as you do, Lord.

ATTEND

Feelings: God can heal the broken feelings in me. Matthew 11:28-30

What am I feeling? (list every feeling word using the Feeling List)

Circle 3-5 feelings I'm feeling right now. When did I start feeling these?

Thoughts: What I think will impact how I feel and act. Romans 12:2

What specific negative or unhelpful thoughts am I thinking? (use Truth/Negative Thoughts List)

What is TRUE for me, my spouse and my marriage TODAY? Philippians 4:8

Behavior: What do I want in this moment in my yard? What do I need from God in order to show up in integrity?

(Use Options of Integrity List)

ASK

Ask God again to help me show up as my best self, not in my own strength but in the power of the Holy Spirit in me. Be specific what I need God to give me in this moment.

ACT

Choose to Act in Integrity no longer ReAct. Am I ready to come back into the relationship circle ready to be open and safe, filled with love, grace and compassion for myself and others?