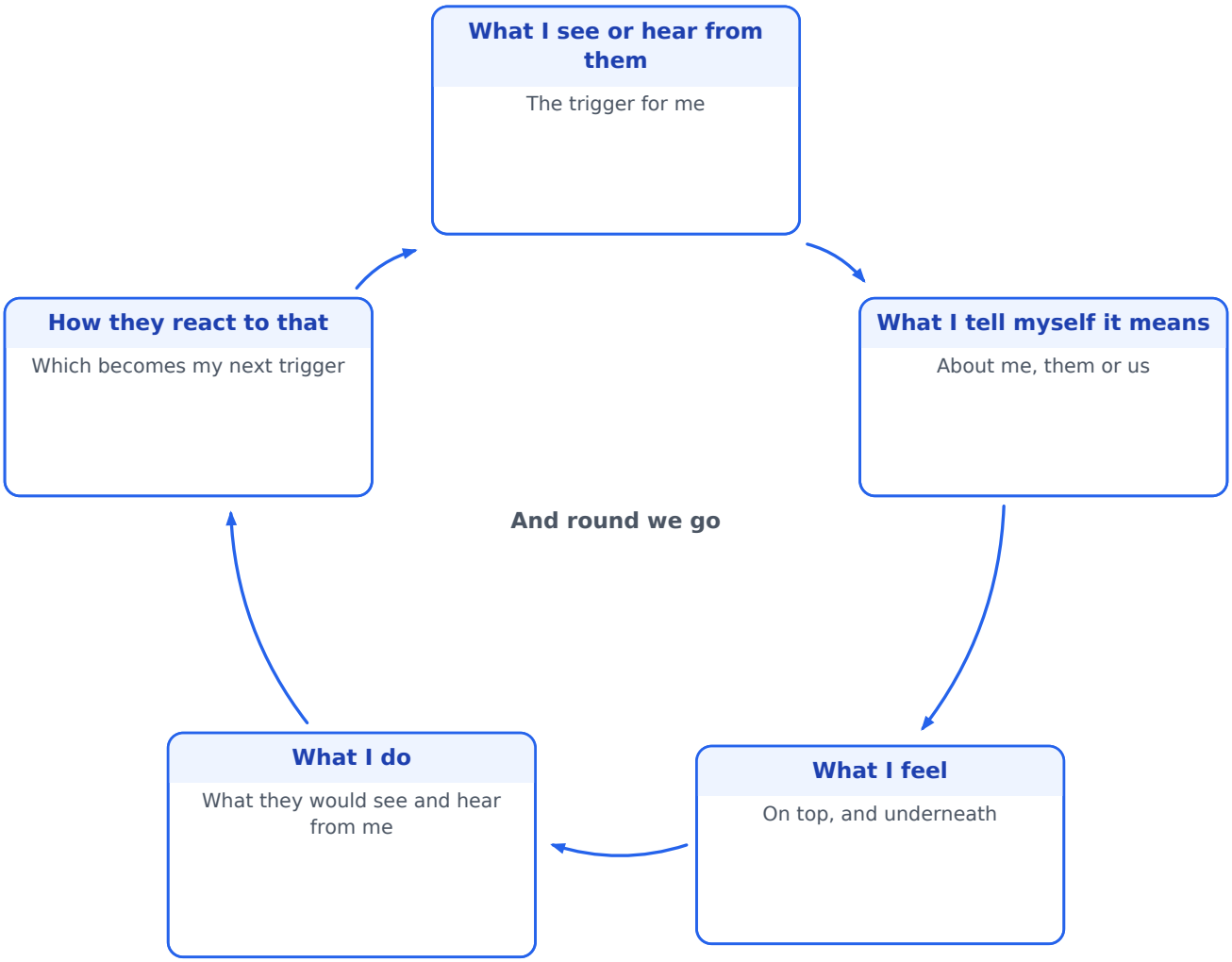
# The pattern we get stuck in

Map the steps of an argument you keep having.

Name _____ Date _____

Most couples and families have one or two rows they have over and over, with different subjects each time. Mapping the steps helps you both step out of it. Fill this in separately, or together when you are calm.




**Underneath my reaction, what am I really needing or afraid of?**

**What might they be needing or afraid of?**

**What could each of us do differently at the very start of the cycle?**

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.