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WHAT TRIGGERED ME?

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|---------------------------------------|--------------------------------------|
| 01. I felt excluded. | 13. I felt like the bad guy. |
| 02. I felt powerless. | 14. I felt forgotten. |
| 03. I felt unheard. | 15. I felt unsafe. |
| 04. I felt scolded. | 16. I felt unloved. |
| 05. I felt judged. | 17. I felt like that was unfair. |
| 06. I felt blamed. | 18. I felt frustrated. |
| 07. I felt disrespected. | 19. I felt disconnected. |
| 08. I felt a lack of affection. | 20. I felt trapped. |
| 09. I felt uncared for. | 21. I felt a lack of passion. |
| 10. I felt lonely. | 22. I felt like I couldn't speak up. |
| 11. I felt ignored. | 23. I felt manipulated. |
| 12. I felt like I couldn't be honest. | 24. I felt controlled. |

The Gottman Institute