

**DYADIC EMOTIONAL COPING EXERCISE**

The purpose of this exercise is to explore repetitive emotional responses or patterns that lead to conflict and emotional distress in your relationship.

- 1 Using a situation that has occurred recently and led to conflict between you and your partner, fill in this log.
- 2 Identify how this situation relates to ongoing and repetitive patterns of distress in your relationship.
- 3 Share your log with your partner and discuss the similarities and differences between your responses.
- 4 Discuss possible alternatives to current ways of responding.
- 5 The next time you and your partner find yourselves in this repetitive pattern again, try out the alternatives you have thought up in Step 4.

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<i>Situation</i>	<i>Feelings</i>	<i>Thoughts</i>	<i>Relationship to repetitive pattern in relationship</i>	<i>Response</i>	<i>Alternative</i>
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Source: Adapted, with permission, from exercises in the STAIR 12-week treatment programme. Cloitre, M., Koenen, K.C., Cohen, L.R., & Han, H. (2002). Skills Training in Affective and Interpersonal Regulation followed by Exposure: A phase-based treatment for PTSD related to childhood abuse. *Journal of Consulting and Clinical Psychology, 70*, 1067–1074.