

# What Triggered Me?

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
12. I felt I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt lack of passion.
22. I felt uncared for.
23. I felt manipulated.
24. I felt controlled.

The Gottman Institute

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