

# MODULE *Transformation* TWO

# Module 2

## TRANSFORMING DYSFUNCTION

### Module Introduction

In order to get something you've never had, you have to do something you've never done. Have you heard this quote? This applies to the work we're going to be doing in this module.

You may be so used to being frustrated with everything your partner is and isn't doing that it feels like the state of your relationship currently feels like all his fault. Let me reassure you now, all relationships are 50/50. Why? There are 2 people and each of you is half of the co-creation in some way. This is why, before we begin the work on how to change your partner, first we are going to focus on you.

It may not be comfortable for you to look at your part, but transformation isn't always about comfort. At least not at first. What I always strive for is healing so the persistent pain goes away. A surgery might hurt in the process but alleviates so much discomfort afterwards.

Allow this process to be that for you. Allow yourself to have courage, get vulnerable, look deep within yourself. Each awareness is a release. Each ah-ha is one piece of creating the love life of your dreams. Allow yourself to go there.



2.1

# CODEPENDENCY CIRCLE

**INSTRUCTIONS:** Fill in the circle in all the ways you and your romantic partner fit the roles below.





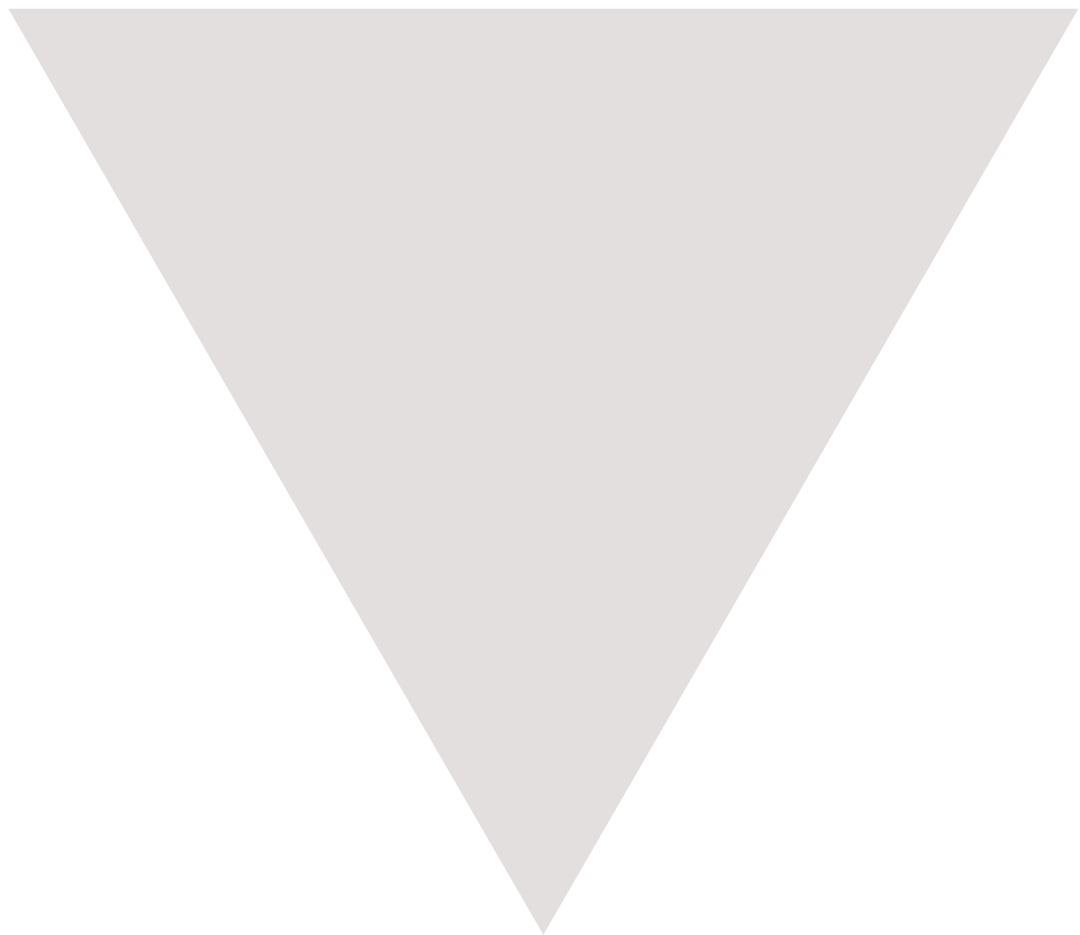
2.1

# THE DRAMA TRIANGLE

**INSTRUCTIONS:** Fill in the drama triangle with names and ways each of you fulfill that particular role.

RESCUER/  
ENABLER

PERSECUTOR/  
PERPETRATOR



VICTIM/MARTYR

# 2.1 YOU KNOW YOU ARE IN A CODEPENDENT RELATIONSHIP IF...

CHECK ALL THAT APPLY

- 1. You say yes when you really want to say no
- 2. You take responsibility to fix your partner
- 3. Your partner's mood/feelings affects yours
- 4. You fear your partner will leave/fantasize you could leave
- 5. You give all your love & it is rejected/denied
- 6. You do little on your own
- 7. Your partner is abusive in any way
- 8. You make excuses for your partner's behavior
- 9. You feel guilty & ashamed for no reason
- 10. You go out of your way to avoid confrontation

## 2.2.

# CODEPENDENCY TRAITS

### PERSECTUTOR/VILLAN

- defensive
- aggressive
- manipulative
- selfish
- defiant
- authoritarian
- confrontational
- controlling
- belittling
- guilt producing
- don't take responsibility
- obsessive
- hostile
- disagreeable
- projects onto others

### VICTIM/MARTYR/RESCUER

- give until angry
- people pleases
- makes excuses
- can't receive
- deflects
- obsesses over others needs
- submissive
- powerless
- complacent
- compliant
- withdrawn
- needy
- don't trust
- feel guilty
- takes care of everyone but self



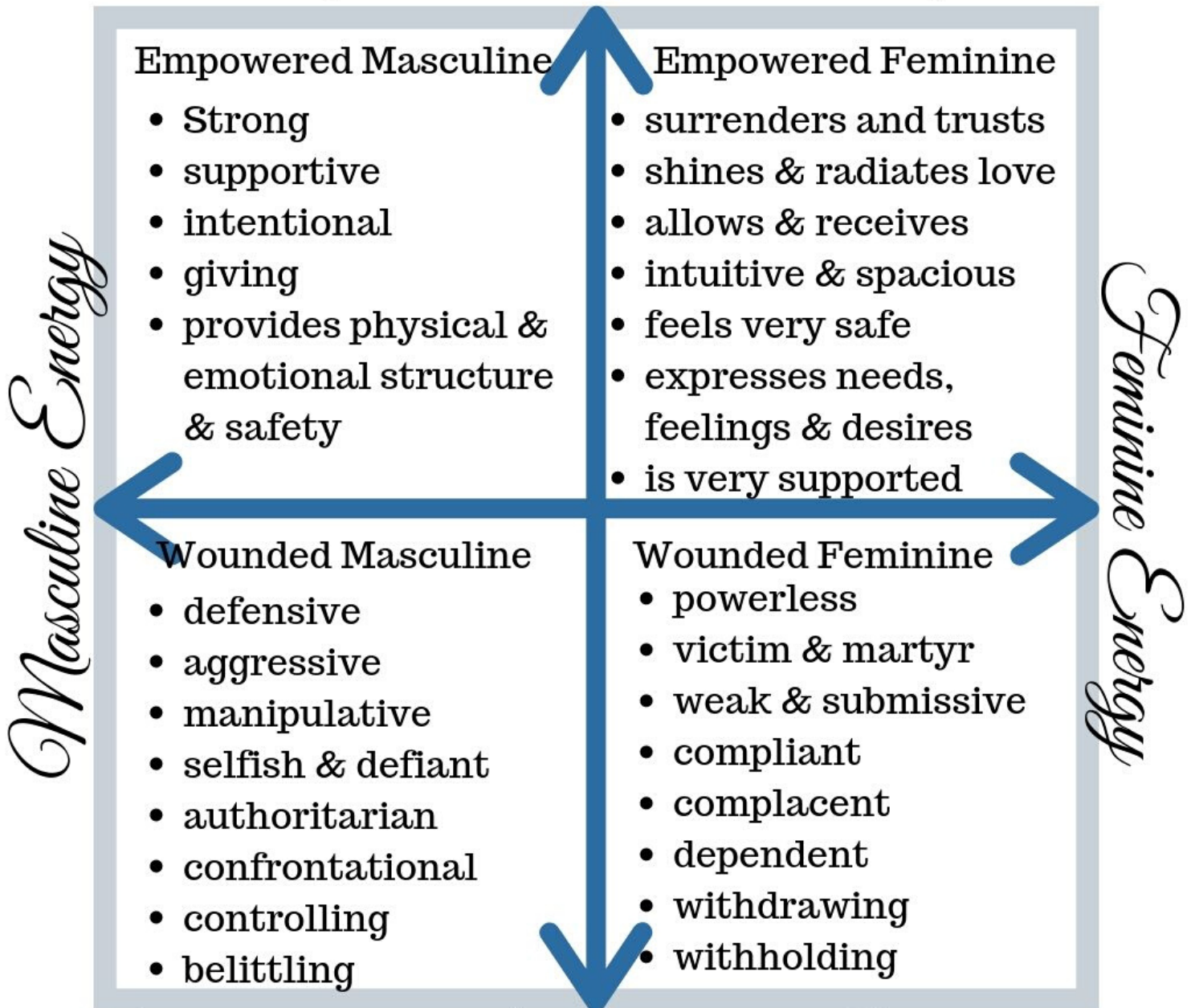




## 2.3 ENERGY GRAPH

Study the graph as you follow the training video. Use a colored pencil or pen to underline the traits you have. Then circle (or highlight) the traits you desire to have. Now use a different color for your partner and do the same thing.

### *Empowered in Relationship*



### *Disempowered/wounded in Relationship*





## 2.5 REFLECT & RELEASE

**INSTRUCTIONS:** Fill in the two triangles with one trigger your partner projects onto you that isn't yours, and then one way you can reflect it back respectfully and choose to not take it on.

NAME YOUR PARTNER'S TRIGGER



WHAT CAN YOU DO TO NOT TAKE IT ON?



## 2.5 REFLECT & RELEASE

**INSTRUCTIONS:** Now we focus on your stuck energy.

WHAT LIMITING BELIEF/TRAUMA DO  
YOU FEEL YOU HAVE STUCK IN YOUR  
BODY THAT IS CREATING A STORY?



WHAT CAN YOU DO TO RELEASE THAT  
STUCK ENERGY?