Reactive Cycle

Bob’s Fears/Buttons
- Controlled
- Helpless/Powerless
- Inadequate
- Misportrayed
- Misunderstood

Jenni’s Fears/Buttons
- Controlled
- Suppressed
- Invalidated
- Judged
- Ignored

Jenni’s Reactions
- Anger
- Blame
- Defensive
- Judge
- Right/Wrong

Jenni’s Wants
- Heard
- Support
- Approval
- Valued
- Validation

Bob’s Reactions
- Complain
- Defensive
- Fix-it-Mode
- Lecture
- Right Wrong

Bob’s Wants
- Accurately Portrayed
- Success
- Partnership
- Passion
- Wanted