

My area of vulnerability is...

When I was younger I had the experience of...

This made me feel...

Because of this experience I came to think of myself as...

Because of this experience I came to think of others as...

I learned that if people \_\_\_\_\_ then I should...

I learned that if I \_\_\_\_\_ then people would...

Some of the things I would do were...

More and more this made me...

The best things about this way of coping were...

The worst things about how I learned to cope were...

My vulnerability is triggered when I see you...

It's as if you were...

It's as if I were...

It makes me feel...

Even though I know it can be unhelpful the behaviour you see from me is...

Instead, I wish I could...

I realise that I am going to have to...

I would really appreciate your patience and understanding. You could perhaps help me by...

If that's not always possible then please would you...

I hope that this will help us by...

Thank you for listening to how I feel.