

The interrupter	The interrupted
<p>1. How do you stop yourself?</p> <p>Try acting as the interrupter for a while. Write down what it is you say and do to yourself to stop yourself from feeling your feelings: “Don’t show sadness/anger/fear, cause if you do See if you can get a hold of what you do as well, for instance tighten your muscles in your stomach, swallow your tears, or tighten your jaw to keep the angry feeling in place: «Don’t show your girlfriend your hurt. She doesn’t like it and she will think you’re a wimp. So just swallow your tears and withdraw!»</p>	<p>Write down step 1 here:</p>
<p>Write down step 2 here:</p>	<p>2. What does it feel like to be interrupted?</p> <p>Read out loud the message from the interrupter and become aware of what it does to you. Feel your body as you read it. Write down to the interrupter what it feels like to be interrupted: «It is tiring to keep this feeling down. I become lonely and feel alone when that happens».</p>
<p>Write down step 3 here:</p>	<p>3. What do you need the interrupter to do or stop doing?</p> <p>Feel what it is like to be you when you get interrupted from feeling and expressing your feelings. Try to put words to what it is you need to happen and why that is important to you. Write it down: «You need to stop holding me back. I feel inhibited and lonely. I need to show my partner my true feelings of hurt. She loves me and wants what best for me, and she will give me the support I need».</p>
<p>4. As the interrupter, how do you respond to this?</p> <p>What do you want to say back to the other part of you? What have you been trying to achieve? Have you tried to help or protect the other part? Is there something you’re worried might happen if the other part opens up? Can you meet the need of the other part of you? Try to put words to this and see if you can validate the other part’s need: I can see that you feel trapped and alone when you don’t get to share your hurt. At the same time I get worried that you will get hurt again. Still, I see that you need to be able to share your hurt feelings with your partner.</p>	<p>Write down step 4 here:</p>
<p>5. What do you want to happen going forward?</p>	
<p>Read through the steps above. Make a decision on how you want to deal with this going forward. Do you want anything to change? Are you ready to commit to something? Do you want to seek help from someone going forward? Write it down!</p>	<p>Write down step 5 here:</p>