

Wounds

Technically, the trigger comes first. But I think the wounds are the more important place to start, because they are the base of everything. Once you really understand the wounds, the triggers will make so much more sense.

I know this is a lot. This is a long section. But it is so important that you really try to figure out what his wounds are. And keep in mind, it is often not just one. He may have several.

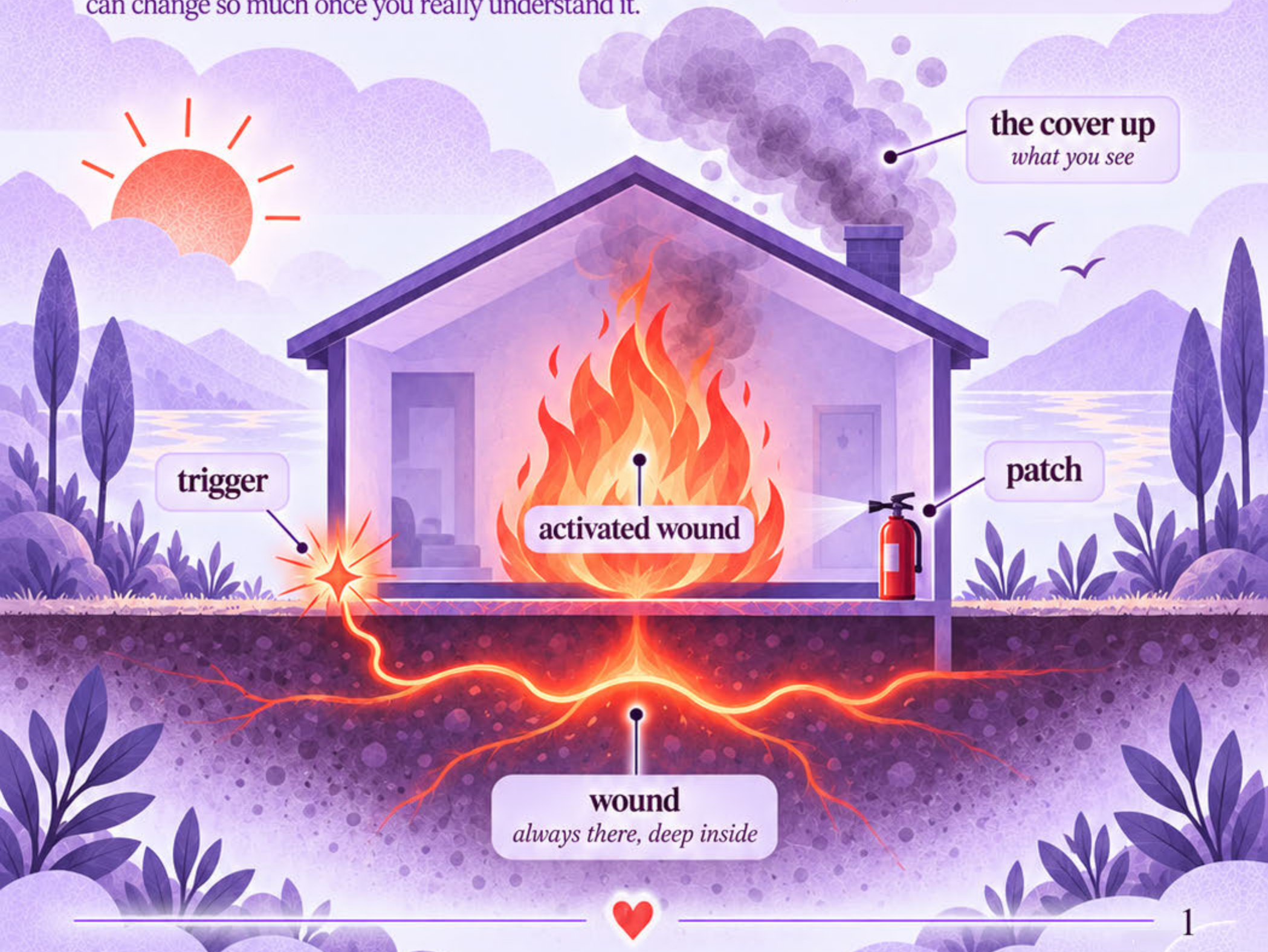
If you see a wound headline and immediately think, “No. 1,000 percent, this is not him,” then obviously skip it. You do not have to force yourself through every single one.

But if you have even the slightest doubt, read it.

This part takes some work, I know. But I am proud of you for actually doing the work, because this is one of the parts that can change so much once you really understand it.



*It will pay off.
I promise.*



Wound 1: Shame

Shame is the feeling of being exposed, embarrassed, wrong, weak, stupid, caught, or simply not good enough. And this is one of the wounds I really want you to understand, because shame can look completely different from what you would expect.

When you hear the word shame, you might picture someone looking down and saying, "I feel ashamed." That is probably not what you are going to see.

Shame can come out as anger, blame, denial, arrogance, changing the subject, attacking you, or suddenly leaving. Sometimes it looks loud and aggressive. Other times it looks like he shuts down, disappears, goes silent, or acts like he suddenly does not care.

That is exactly why this wound is so easy to miss.

A mistake can activate it. Criticism can activate it. Being caught doing something wrong, failing at something, losing control, looking stupid in front of other people, or realizing that he hurt you can all touch that same wound.

The important part here is not that you diagnose every reaction as shame. I want you to start recognizing the pattern and asking yourself: Did something just happen that could have made him feel exposed, embarrassed, wrong, weak, stupid, caught, unsuccessful, or not good enough?

Because if the answer is yes, and then suddenly the whole conversation goes completely sideways, shame may be sitting underneath it.



Shame Does Not Always Look Like Shame

This is where it gets confusing. You may be looking at behavior that feels aggressive, arrogant, or completely irrational, while underneath he may actually be feeling humiliated or small.

For example, imagine he forgets your birthday. You are hurt, and from your point of view it should be a pretty simple conversation. He forgot. You are disappointed. But instead of just saying sorry, suddenly he tells you birthdays are stupid, says you are materialistic, claims he actually had a secret plan, or brings up something you did months ago.

And now, somehow, you are defending yourself. That is the kind of moment where I want you to stop looking only at the complaint he is throwing at you and look at what happened right before. He forgot your birthday. He hurt you. He knows it. He may feel like a bad partner. He may feel exposed because now you are looking directly at something he did wrong.



Shame Often Comes in 2 Main Different Ways

And instead of sitting in that feeling, he moves away from it. He transfers the shame from him to you. You started the conversation hurt. Ten minutes later, somehow you are the one explaining yourself. That is a big clue. The reason it is so confusing is that you are looking at behavior that feels aggressive while the wound underneath may be humiliation or feeling small.

Shame often comes in 2 main different ways:

Shame Response One: Counterattack



Shame Response Two: Escape



Shame Response One: Counterattack

One way shame can show up is through counterattack.

He feels exposed, and suddenly he needs you to be the bad one.

The accusations may have absolutely nothing to do with the original problem because the conversation is no longer really about the original problem.

You might say, “You forgot my birthday,” and suddenly you are hearing about:

- ♥ how much money you spend
- ♥ something you said last week
- ♥ how you never appreciate him
- ♥ your mother
- ♥ the house
- ♥ your attitude
- ♥ something completely unrelated from six months ago

And you are sitting there thinking, What does any of this have to do with my birthday? Maybe nothing. That is exactly what I want you to notice. The conversation moved away from the thing that made him feel bad about himself and onto you. When you see that switch happen again and again, shame may be one of the wounds underneath it.



Shame Response Two: Escape

The other shame response can look completely different. Instead of attacking you, he gets away from the situation. He leaves the room, leaves the house, stops talking, suddenly needs to run an errand, refuses to look at you, or acts completely detached.

Sometimes the reaction can even become dramatic very quickly. Something relatively small happens and suddenly you hear, “Fine, then maybe we should just break up.”

And you are sitting there thinking, *What the hell just happened?* Especially because he is the one who did something wrong. But that may actually be part of the clue. You are the person standing in front of him while he is being forced to look at something about himself that he does not want to look at. So instead of staying there, he escapes. Again, this does not mean every time he leaves a room it is shame. I want you to look for patterns.



What I Want You to Watch For

If you think shame may be one of his wounds, start paying attention to what happens right before the reaction.

- ☐ Was he criticized?
- ☐ Did he make a mistake?
- ☐ Was he caught doing something?
- ☐ Did he fail at something?
- ☐ Did somebody embarrass him?
- ☐ Did he realize that he hurt you?
- ☐ Did something happen that could have made him feel small, stupid, weak, wrong, or not good enough?

Then look at what happens next.

- ☐ Does he attack?
- ☐ Does he suddenly blame you?
- ☐ Does he change the subject?
- ☐ Does he rewrite what happened?
- ☐ Does he become arrogant?
- ☐ Does he disappear or shut down?

You are not trying to read his mind.
You are trying to recognize a pattern.

And the more often you see the same pattern, the easier it becomes to say, Okay. I think I know what wound just got touched here.



Look
for the
pattern.



Awareness
Creates
Change



NOTICE

PATTERNS

UNDERSTAND

HEAL

Notice
Reflect
Look for Patterns
You Are
More Aware



Small
Clues
Lead to
Big
Understanding



Keep This in Your Head

Shame does not always look like shame. Sometimes it looks like anger. Sometimes it looks like attack. Sometimes it looks like escape.

And that is all I want you to do in this section for now: learn to recognize it. We are not fixing it yet. We are not patching it yet. Right now, I just want you to get really good at seeing what may actually be underneath the behavior.



Wound 2: Loss of Control

Some men feel safest when they feel in control. That can mean being in control of the plan, the timing, the money, what is happening next, or simply knowing what to expect. And when something suddenly reminds him that he is actually not in control, the reaction can be so much bigger than whatever just happened.

This one took me a while to understand because sometimes the thing he is reacting to seems so ridiculously small.

Let's say dinner was supposed to be at six, but something happens with the kids and now it is going to be at seven. To you, this is really not a big deal. Dinner is an hour later. That is it.

But suddenly he is irritated about the whole evening. Why did nobody tell him earlier? What time are you leaving tomorrow? Why is everything always so disorganized? Why did you not already take care of that other thing?

And you are standing there thinking, *What the hell just happened?*

The trigger might have been nothing more than dinner moving by one hour. But the wound underneath may be something much bigger:

“ I thought I knew what was happening, and now I don't. I don't feel in control anymore. ”

That is what I want you to start looking for.



Loss of Control Does Not Always Look Like Loss of Control

He probably is not going to say, "I feel powerless right now." Instead, it might look like he suddenly wants to control everything. He starts questioning every detail, correcting everybody, micromanaging things he normally would not care about, becoming unusually rigid, or insisting that something has to happen exactly his way.

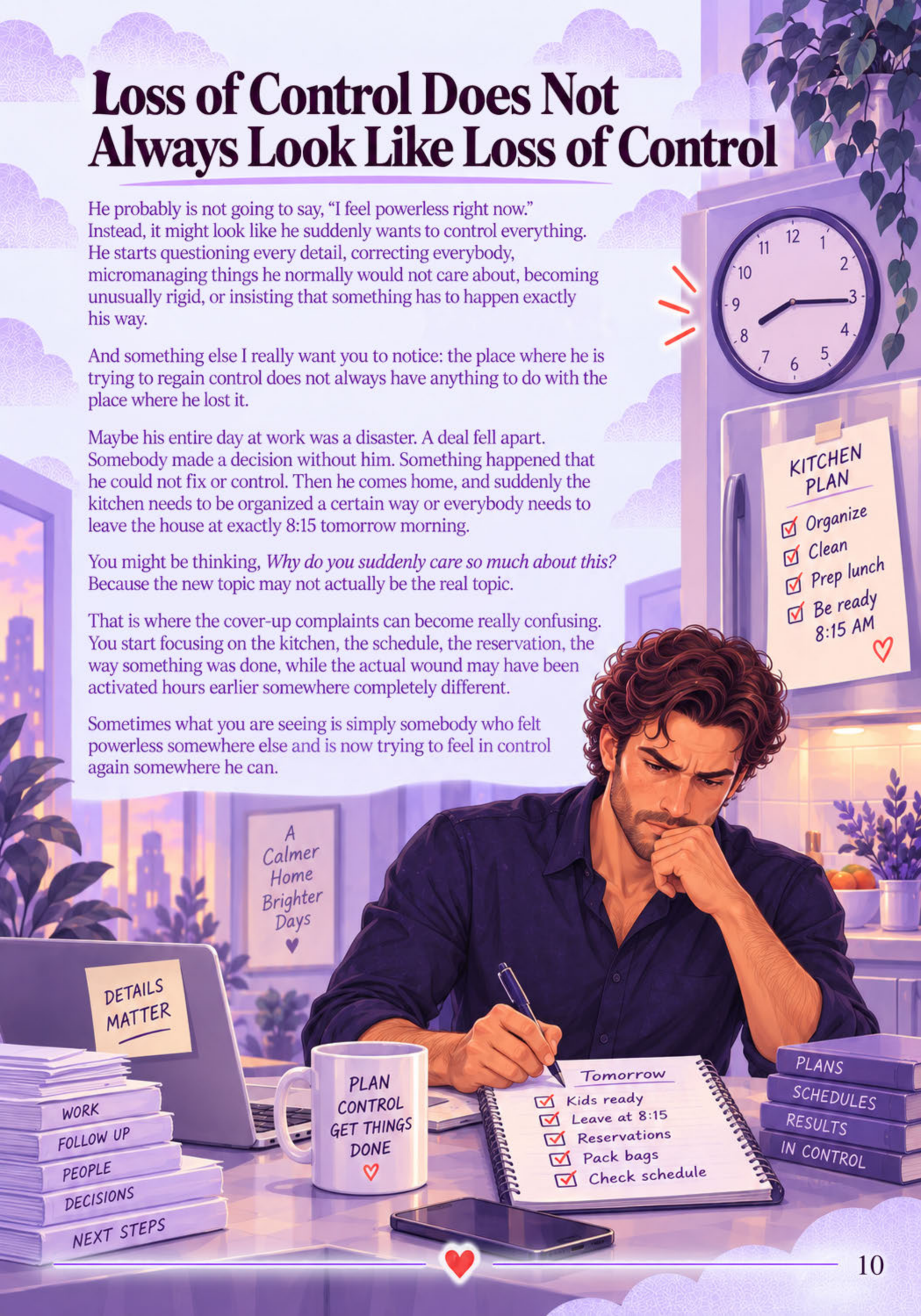
And something else I really want you to notice: the place where he is trying to regain control does not always have anything to do with the place where he lost it.

Maybe his entire day at work was a disaster. A deal fell apart. Somebody made a decision without him. Something happened that he could not fix or control. Then he comes home, and suddenly the kitchen needs to be organized a certain way or everybody needs to leave the house at exactly 8:15 tomorrow morning.

You might be thinking, *Why do you suddenly care so much about this?* Because the new topic may not actually be the real topic.

That is where the cover-up complaints can become really confusing. You start focusing on the kitchen, the schedule, the reservation, the way something was done, while the actual wound may have been activated hours earlier somewhere completely different.

Sometimes what you are seeing is simply somebody who felt powerless somewhere else and is now trying to feel in control again somewhere he can.



What This Can Feel Like for You

This wound can make you feel like you are constantly doing something wrong. The plan changes and now you are irresponsible. Somebody is late and somehow it becomes your fault. Something unexpected happens and suddenly you are answering questions like you are sitting in an interrogation. And if you do not understand what is underneath it, it is so easy to start chasing every single complaint.

You think:

- ♥ Fine, next time I will tell him sooner.
- ♥ Fine, I will make a better schedule.
- ♥ Fine, I will organize everything more carefully.
- ♥ Fine, I will make sure there are no surprises.

And sometimes, yes, maybe there is something practical you could have done differently. That is life.

But I really want you to notice when you start believing that if you just organize life perfectly enough, this will stop happening. Because you cannot.

Kids get sick. Flights get delayed. Meetings change. People cancel. Something breaks. Somebody is late. You do not know an answer yet. Life is unpredictable.

If the actual wound is loss of control, you cannot organize the world perfectly enough to make sure that wound never gets touched again. That is not a realistic goal.

✈ DELAYED FLIGHTS		
NYC	812	DELAYED
LAX	305	DELAYED
CHI	721	CANCELLED
MIA	408	ON HOLD
SEA	314	DELAYED

Plans
Change
...
And That's
Life ♥

This Week

Mon	Meeting (Rescheduled) ↻
Tue	Pick up kids
Wed	Flight Delayed
Thu	Meeting Changed
Fri	???

Flexible
People
Thrive
♥

Different
Plan
Same You
♥

PEOPLE
PLANS
REAL LIFE
STILL OKAY

Last
Minute

✈ Flight delayed
2:14 PM
📅 Meeting changed
4:27 PM
💬 Someone canceled
5:01 PM

Unpredictable
Days
Still a Good
Life
♥

MEETINGS
KIDS
WORK
LIFE

Not My
Fault

Plans
Changed

Breathe
Adjust
Keep Going
♥



What I Want You to Look For

If you think this may be one of his wounds, look at what happened before the reaction.

- ♥ Did a plan suddenly change?
- ♥ Did somebody make a decision without him?
- ♥ Did something happen at work that he could not control?
- ♥ Did he expect one outcome and get another?
- ♥ Did he suddenly not know what was going to happen next?



Then look at what he does afterward.

- ♥ Does he become unusually controlling?
- ♥ Does he start questioning everything?
- ♥ Does he suddenly need little things done exactly his way?
- ♥ Does he create a new problem somewhere completely unrelated?



That is the pattern I want you to recognize. Sometimes the most useful question is simply: *What happened today that made him feel like he lost control?* You are not solving it yet. Right now, I just want you to see it.

You cannot
control everything.
And that is okay.

Observe
Understand
Be Kind
♥

Small
Steps
Brighter
Days
♥

MORE
UNDERSTANDING

KINDER
CONVERSATIONS

A CALMER
TOMORROW

Progress
not
Perfection
♥





Wound 3: Status Threat

Status threat is the feeling of being made small, disrespected, unimpressive, inferior, or like somebody else is somehow above him.

For some men, feeling respected and admired is incredibly important. So something you say without thinking twice about it can land completely differently for him. You might simply be saying, “Wow, that guy did something impressive,” while what he hears is, “That guy is more impressive than me.”

And sometimes the reaction can seem almost ridiculous because you genuinely did not mean anything by it. Imagine you are having dinner with friends and somebody talks about a man who built a successful company. You say, “Wow, he built that from scratch? That is really impressive.” You forget about the comment five seconds later. But your partner gets quiet. Later he starts explaining why the guy is actually not that impressive. Maybe he got lucky. Maybe he had help. Maybe the business is not doing as well as everybody thinks. Maybe he is actually an idiot.

Or somehow, strangely enough, you become the problem. You might not connect your little comment at dinner with what is happening now at all.

But underneath it could have been something as simple as:

“ *Did she just admire him more than me?* ”

That is the kind of thing I mean when I talk about status.





Status Threat Does Not Always Look Like Hurt

Just like shame, status threat usually does not look like somebody sitting there feeling hurt.

It can look competitive, arrogant, cold, critical, or suddenly very defensive. He may start proving himself, talking about his own accomplishments, correcting somebody, putting another person down, or needing to win a conversation that really did not need a winner. Sometimes it almost looks like somebody else has to come down so he can feel back up.

- ♥ You compliment somebody's success, and suddenly he needs to explain why that person is actually not successful.
- ♥ Somebody else gets a lot of attention at dinner, and suddenly he gets louder or starts telling a big story about himself.
- ♥ You disagree with him in front of other people, and something that would have been a five-minute conversation at home suddenly becomes a whole thing.

The topic can change, but the pattern underneath is often very similar:
I feel like I just got lowered.



Public Versus Private Can Be a Huge Clue

This is one I really want you to watch for.

For some people, being corrected in private and being corrected in front of other people are two completely different experiences.

You might think, Facts are facts. What difference does it make?

If he says something happened Tuesday and it actually happened Wednesday, that may seem completely harmless to you.

But if you correct him in front of eight people and the reaction is much stronger than it would have been if you said exactly the same thing at home, pay attention to that.

The audience may be part of the trigger.

It can be the same with being contradicted, losing an argument, being teased, somebody else knowing more than he does, or somebody else getting the attention he wanted.

Again, one reaction does not tell you everything. I want you to look for the pattern.

- ♥ Does he react much more strongly when other people are watching?
- ♥ Does he become very competitive around certain people?
- ♥ Does he have a hard time when another man gets admiration?
- ♥ Does he suddenly need to prove himself when somebody else is doing well?

Those are the things I want you to notice.

*Different
setting.
Different
reaction.
Same words.
That can
mean something.*



PRIVATE
A small correction



IN FRONT OF OTHERS
The same correction





What This Can Feel Like for You

This wound can be exhausting because after a while you may start noticing yourself changing before you even realize you are doing it. Maybe you hesitate before complimenting another man because you already know where it could go. Maybe you think twice before correcting something in public. Maybe you downplay somebody else's success because you do not want the evening to turn into a fight.

You may even start becoming careful about your own success. And that is important information too. Because if you constantly feel like somebody else doing well, or you doing well, creates tension, there may be a status wound sitting underneath some of those reactions.

That does not mean every jealous, competitive, or arrogant moment is status threat. But once you start seeing the same sequence over and over, it becomes much easier to recognize.

Something happens that makes him feel smaller. Then he starts trying to feel bigger again. And suddenly you are arguing about something that seems completely unrelated.





What I Want You to Look For

If you think status may be one of his wounds, look at what happened right before the reaction.

- ♥ Did somebody else get praised?
- ♥ Did you compliment another person?
- ♥ Did he get corrected or contradicted in front of people?
- ♥ Did somebody know something he did not know?
- ♥ Did you succeed at something?
- ♥ Did he feel ignored while somebody else got attention?

Then look at what happens afterward.

- ♥ Does he suddenly become competitive?
- ♥ Does he start criticizing the other person?
- ♥ Does he need to prove himself?
- ♥ Does he put you down?
- ♥ Does he turn a small disagreement into a much bigger one?

You are not trying to decide exactly what is happening inside his head. You are looking for a repeated pattern. And sometimes the question is simply:

“ Did something just happen that made him feel smaller? ”

That alone can help you recognize this wound much faster.



Wound 4: Rejection

Rejection can be a really big wound, and sometimes it is hard to see because it does not always look like someone who feels rejected.

You might think that if he feels unwanted or ignored, he would look sad or hurt. But that is not always what happens at all.

Sometimes he gets angry. Sometimes he becomes cold. Sometimes he starts criticizing you or picking a fight over something that seems completely random.

And that is what makes this one so confusing. Sometimes what is happening underneath is actually very simple: I do not feel important to her right now. That is rejection.



*Not always sad.
Sometimes anger.*



The Complaint May Have Nothing to Do with the Real Feeling

Let's say you have had a crazy day. You worked. The kids needed you. You had phone calls. You were running around. By the evening, you are tired and honestly just trying to get through the rest of the day. Nothing bad happened between the two of you. You are not mad at him. You are not trying to push him away. You just did not give him much attention that day.

Then suddenly there is a problem. Now it is about the kitchen. Or your phone. Or your tone. Or something you forgot three days ago. He says something like, "Why are you always on your phone?" or, "Why do you care so much about everybody else?" And you are standing there thinking, Where is this even coming from? Maybe one of the complaints has some truth in it. Maybe you really were on your phone a lot. Maybe the kitchen really is messy. But that still may not be the real reason the reaction became so big.

*“ I barely got any attention from her today.
I do not feel important right now. ”*

That is what I want you to start looking for.



Sometimes a Fight Is a Weird Way of Getting Connection

This one sounds strange at first, but once you see it, it makes a lot of sense. Sometimes negative attention is still attention.

Maybe he felt ignored all day. Then suddenly there is a fight, and now you are completely focused on him. You are explaining yourself. You are defending yourself. You are reassuring him. You are proving that you care. For the next hour, he has your full attention.

I am not saying he is sitting there consciously thinking, "I need attention, so I am going to start a fight." I do not think it usually works like that. But the result can still be the same. He feels disconnected. Then there is conflict. And suddenly there is a lot of connection again, even if it is terrible connection.

If this happens often enough, fighting can slowly become one of the ways the relationship reconnects. That is something I really want you to notice.



CONFLICT



**CONNECTION
(ANY KIND)**



Rejection Can Look Like Anger

This is probably one of the easiest ways to miss this wound. You might think, If he feels rejected, why is he being mean to me? But sometimes the anger is only what you see on top. Underneath, he may have felt ignored, left out, unwanted, or less important than something else in your life.

- ♥ Maybe you were busy with work.
- ♥ Maybe the kids had all your attention.
- ♥ Maybe you were excited to see your friends.
- ♥ Maybe you were exhausted and did not want sex.
- ♥ Maybe you wanted time alone.

Maybe none of these things meant anything negative to you at all. But he may have felt them differently.

Again, I am not saying every bad mood or every fight is rejection. I just want you to start noticing whether there is a pattern.



Sometimes
Anger
Hides
a Deeper
Feeling
♥

Same
Team
♥

WORK
FAMILY
FRIENDS
MY TIME
A HAPPIER US

Different
Triggers
Same
Feelings
♥

Look
for the
Pattern
♥



Sometimes He Rejects You First

This is another version of the same wound.

Sometimes, instead of sitting with the feeling that maybe you do not want him, he becomes cold first. He pulls away. He acts like he does not care. He says something hurtful. He makes you feel like he does not need you anyway. And then you are the one chasing him. You are asking what is wrong. You are trying to fix it. You are reassuring him. Sometimes rejecting you first can feel safer than feeling rejected by you. That is another clue.



What This Can Feel Like for You

This wound can get exhausting because after a while you may feel like you are not allowed to have anything else in your life.

You are working, and he feels ignored. You spend time with the kids, and he wants your attention. You go out with friends, and there is tension. You are tired and want to go to bed, and suddenly you are proving that you still love him.

After a while, you may start feeling like no amount of attention is enough. And I want you to notice that too. If you constantly find yourself proving that you care, proving that you are not leaving, or proving that somebody else is not more important, rejection may be one of the wounds underneath the pattern.



What I Want You to Look For

If you think this may be one of his wounds, look at what happened right before the reaction.

- ♥ Did you have a very busy day and barely connect?
- ♥ Were you focused on work, the kids, your friends, or something else?
- ♥ Did you say no to something?
- ♥ Did you need some space?
- ♥ Did you want to go to bed early?
- ♥ Did something happen that he could have felt as, *She does not want me right now?*

Then look at what happened next.

- ♥ Did he become cold?
- ♥ Did he start criticizing you?
- ♥ Did he suddenly pick a fight about something random?
- ♥ Did he pull away?
- ♥ Did he make you prove that you still care?

You are not trying to read his mind. You are just looking for the pattern. Sometimes the easiest question is:

“ *Did something happen that made him feel unwanted or unimportant?* ”

If yes, rejection may be one of the wounds underneath. And for now, that is all I want you to do. Just learn to see it.



Wound 5: Failure

Failure is a big one, especially if being successful is really important to him.

Maybe something went wrong at work. A deal fell apart. He made a bad decision. Somebody criticized him. He lost something he really thought he was going to win. Or maybe somebody else is simply doing better than him right now.

He probably is not going to come home and say, "I feel like a failure today." You may just feel it. He walks through the door and you can immediately tell something is wrong. And the confusing part is that whatever happened may have happened six hours ago, somewhere you were not even there.

Failure Can Spill Into Everything Else

Let's say he had a terrible day at work. A deal he really wanted fell apart. Then he comes home and suddenly everything is wrong. The house is too loud. Dinner is wrong. The kids are annoying. You ask too many questions. Then you stop asking questions and apparently you do not care. The garage is a mess. Why did nobody take care of that thing he mentioned three days ago?

And you are standing there thinking: What the hell did I do? Maybe absolutely nothing. The trigger may have happened at 10 o'clock that morning. What may be sitting underneath all of this is simply: Something went badly today, and I feel like I failed. That is what I want you to start recognizing.



This One Is Very Easy to Take Personally

If you have been dealing with these moods for a long time, you probably get very good at reading them.

He walks in and you already know. Something is off. And immediately your brain starts going through everything. Did I do something? Did I forget something? Is he mad at me? Should I not bring something up right now?

Sometimes, yes, maybe there actually is something between the two of you. But sometimes there is not.

Sometimes you are just standing closest to somebody who already feels horrible about something completely different. Understanding that can save you from spending the whole evening desperately trying to figure out what you did wrong.



What Failure Can Look Like

Failure does not always look like somebody being disappointed in himself.

He may become negative or irritated. He may snap over little things, criticize everybody, become controlling, shut down, or suddenly work obsessively because now he has to fix whatever went wrong.

Sometimes he talks about the problem nonstop. Other times he refuses to talk about it at all. He may also suddenly become very interested in everybody else's mistakes. And that one is worth noticing. If something goes badly for him and suddenly everything you are doing wrong becomes incredibly important, ask yourself whether looking at your mistakes might be easier for him than sitting with his own. Again, you do not know exactly what is happening in his head. You are looking for patterns.



What I Want You to Look For

When the mood suddenly changes, think about what happened before it.

- ♥ Did something go wrong at work?
- ♥ Did he lose something?
- ♥ Did somebody criticize him?
- ♥ Did he make a mistake?
- ♥ Did he expect to succeed at something and it did not happen?
- ♥ Did somebody else do better?

Sometimes the question is simply:

“ Did something happen today that made him feel like he failed? ”

Then look at what happened afterward.

- ♥ Did he suddenly become angry at everybody?
- ♥ Did he start finding problems everywhere?
- ♥ Did he withdraw?
- ♥ Did he become very controlling?
- ♥ Did he suddenly focus on everything you are doing wrong?

If yes, failure may be the wound underneath everything you are seeing now.
For now, do not fix it. Just learn to recognize it.



Wound 6: Jealousy

When we hear jealousy, most of us immediately think about another man. Flirting. Cheating. Somebody being attracted to somebody else.

But jealousy can be much bigger than that.

Sometimes it is simply about something else getting your attention, your excitement, your time, or your energy when he wishes that energy was going toward him. That “something else” can be your friends, your work, your children, a hobby, social media, your own success, or even just the fact that you are having a really good time doing something without him. Underneath it may simply be:

“ *Something else is getting a part of her that I want.* ”

That is the kind of jealousy I want you to start looking for too.

Jealousy Does Not Always Look Like Jealousy

He probably is not going to say, “I am jealous that you are excited to see your friends.”

Instead, suddenly your friends are annoying.

“They are ridiculous.”

“You are always going out.”

“You act different around them.”

“You care more about them than this family.”

Good Friends
Brighter Days
Same Girl
Still Me

More
Life
Here

Jealousy Does Not Always Look Like Jealousy

Or maybe nothing is said that directly. Maybe twenty minutes before you leave, suddenly there is a problem that urgently needs to be discussed. Maybe he gets cold. Maybe he pulls away and makes sure you feel that he is unhappy.

Or you come home after having a great evening and somehow the whole night becomes a problem.

You may think the issue is your friends.

Sometimes it is.

But sometimes the real issue is simply that your attention was somewhere else.





Look at the Timing

Timing is a really good clue with this wound.

- ♥ Does the mood suddenly change right before you are going somewhere you are excited about?
- ♥ Does a fight appear when you are getting ready to see your friends?
- ♥ Does he get cold when somebody else gives you a lot of attention?
- ♥ Does something weird happen on the exact day you were excited to celebrate something you achieved?



Jealousy Can Also Be About Your Success

This one can be especially painful.

Something really good happens for you. You are excited. Your business is doing well. You get a promotion. People are complimenting you. You have a project you love. You cannot wait to tell him because this is the person you want to celebrate with. And then something feels off. Maybe he minimizes it. Maybe he immediately finds something negative. Maybe he changes the subject to something he has achieved. Maybe he suddenly gets irritated. And somehow you walk away from the conversation less excited than you were before.

I would never look at one weird reaction and automatically call it jealousy. Everybody has bad days. People can be distracted or simply not react the way we hoped.

But if you keep seeing the same thing over and over, I would pay attention.

If your happiness, success, attention from other people, or excitement about something outside the relationship regularly creates tension, jealousy may be sitting underneath it.



When that happens, ask yourself:

“What was getting my attention right before this started?”

Sometimes the answer makes the whole reaction much easier to understand. Again, you are not trying to read his mind. You are looking for patterns. And for now, that is all I want you to do. Notice whether jealousy may be underneath something that does not look like jealousy at all.



Wound 7:

Fear of Abandonment

Fear of abandonment is basically the fear that you are pulling away, that the relationship is slipping, or that one day you may actually leave.

This wound can be huge for some men and barely there for others. But when it is there, it does not always look like fear at all. He may get angry. He may become suspicious. He may suddenly get very controlling. He may threaten to leave you first. Or he may suddenly become incredibly loving and pull you very close.

That is what makes this one so confusing. Somebody can be scared of losing you and at the exact same time behave in a way that makes you want to get farther away.

Your Independence Can Trigger It

This one may actually show up more once you start changing. Maybe before, every time he got cold, you chased him. If he threatened to leave, you panicked. If he stopped talking to you, you tried to fix it immediately.

But then you start doing some of the things I talk about in this guide. You stop chasing every fight. You stop explaining yourself for two hours. You start seeing your friends again. You focus more on your own life. You do not completely fall apart every time there is distance.

For you, that may feel healthier.

For him, it may feel like:

“ *She does not need me the way she used to. What if she really is pulling away?* ”

And suddenly the reaction gets stronger. He may become more suspicious, more demanding, more loving, more angry, or start talking about the relationship ending.

The wound underneath may simply be:

“ *What if she really can live without me?* ”

That is what I mean by fear of abandonment.

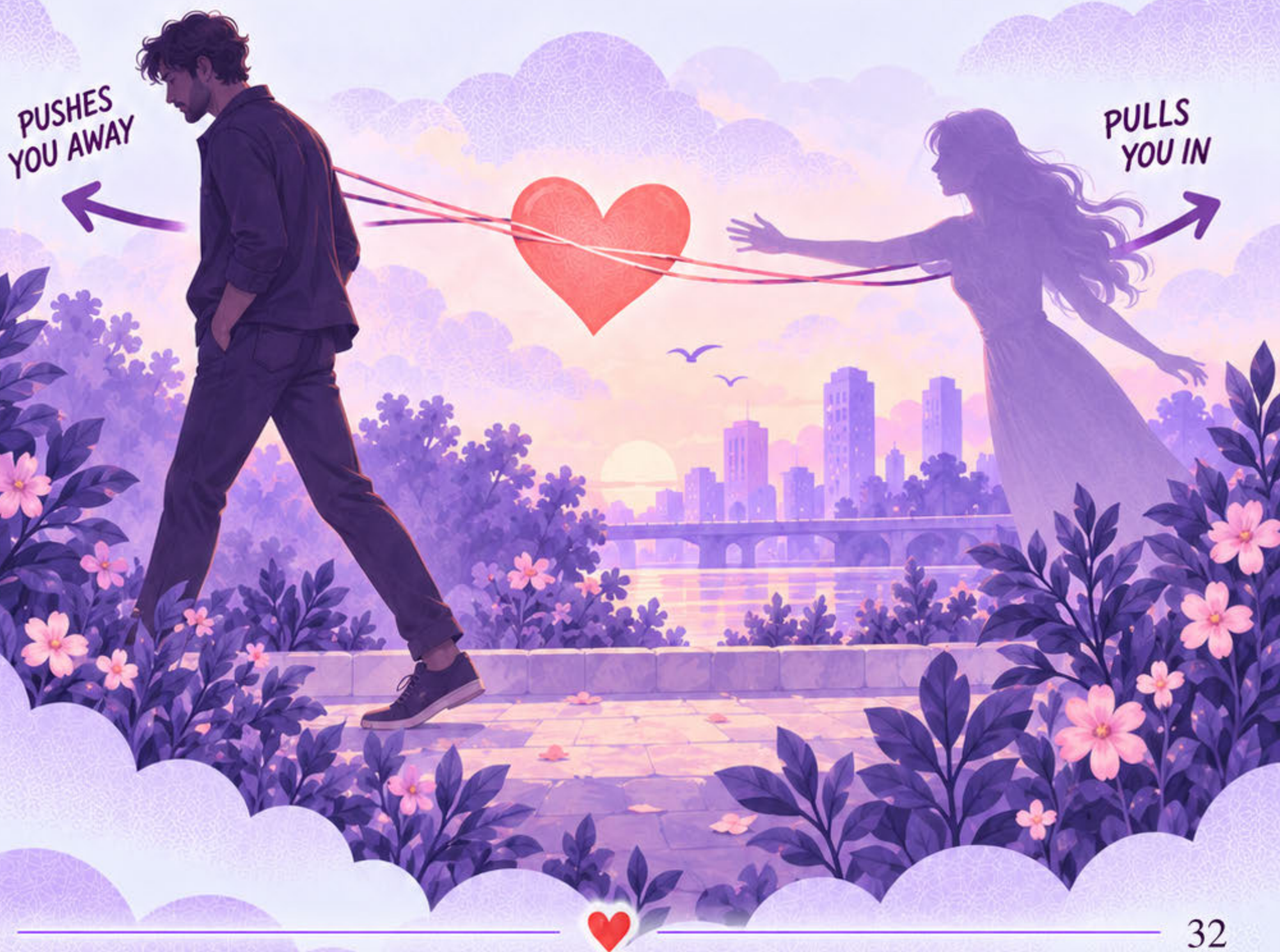


It Can Create Very Confusing Push-Pull Behavior

This wound can make the behavior look completely backwards.

He wants reassurance that you are staying, then tells you to leave. He is scared that you are pulling away, then becomes cold and pushes you away himself. He wants closeness, gets it, and then suddenly creates distance again.

You can feel like you are constantly being pulled in and then pushed back out. Sometimes leaving first feels safer than waiting to be left. Sometimes rejecting first feels safer than waiting to be rejected. I am not saying that is what is happening every single time. But if you keep seeing that same pattern, fear of abandonment may be one of the wounds underneath it.





What This Can Feel Like for You

This one can put a lot of pressure on you because you start feeling responsible for keeping the relationship stable all the time.

- ♥ You start wondering if going out will create a fight.
- ♥ If taking space will make him think you are leaving.
- ♥ If setting a boundary will turn into a breakup threat.

And after a while, you may start changing your behavior just to avoid that reaction. You chase when he pulls away. You panic when he threatens the relationship. You stop taking space because you are scared of what it will trigger. That is important to notice. Because at some point, his fear of being abandoned can start creating fear in you too.



What I Want You to Look For

If you think this may be one of his wounds, look at what happened right before the reaction.

- ♥ Did you take more space than usual?
- ♥ Did you stop chasing?
- ♥ Did you become more independent?
- ♥ Did you spend more time with friends?
- ♥ Did you set a boundary?
- ♥ Did you seem less emotionally dependent on him?

Then look at what happened next.

- ♥ Did he suddenly become more suspicious?
- ♥ More controlling?
- ♥ Very loving?
- ♥ Very angry?
- ♥ Did he threaten to leave?
- ♥ Did he push you away and then pull you back?

Sometimes the easiest question is:

“ Did something just happen that made him feel like I might actually leave? ”

If yes, fear of abandonment may be sitting underneath the reaction.



For Now, Just Learn to Recognize It

For now, just learn to recognize it.

If you are thinking, “Okay, now I understand the wounds, but what do I actually do with that?” that is exactly what comes next.

In the next PDF, I will show you the patches. Once you understand the wound and know what to look for, the next step becomes so much clearer.

*You are
on the right
path.*

