

COMPANION WORKSHEET PACKET

Why You Can't Relax in Relationships

A six-part series on recognition, regulation, and real security.

These worksheets are designed to be used alongside the video series. Each one helps you slow down what felt confusing in the moment — to recognize the pattern, name what your system learned, and notice the steadiness already present in you and in your partner.

Work through one per episode, or revisit them as patterns surface. There are no right answers. There is only honest reflection.

Inside this packet

Worksheet 1	When Love Feels Conditional
Worksheet 2	Why Calm Can Feel Empty
Worksheet 3	Why Wanting More Feels Dangerous
Worksheet 4	When Your Needs Became a Problem
Worksheet 5	Why Familiar Doesn't Mean Safe
Worksheet 6	Why Closeness Feels Like a Risk — Series Finale

How to use these worksheets

Type your answers directly into the PDF — every writing space is a fillable form field, in Acrobat, Preview, or any browser PDF viewer. Or print and write by hand.

Move at the pace that works for you. Insight comes from honest contact with the material, not speed.

Worksheet 1 — When Love Feels Conditional

Episode 1 • *Why You Can't Relax in Relationships*

What this worksheet is for

When love feels conditional, your nervous system learns connection is fragile — and vigilance starts to feel like protection. This worksheet helps you recognize where that pattern shows up, what it's doing for you, and where steadiness is already present in you and in your partner.

1. Recognize the Pattern

Check any that feel familiar lately. There are no right answers — only honest ones.

- My chest tightens when their tone or timing shifts.
- I replay conversations long after they've ended.
- I act quickly — text, push, or pull back — to relieve the pressure.
- After it settles, I feel empty, ashamed, or confused.
- I monitor for signs that connection might be changing.

2. Name What Your System Learned

Finish this sentence in your own words. Stay descriptive, not self-critical.

"When connection feels fragile, my body tends to..."

3. Separate Reaction from Identity

Self-blame: "I'm too much / too reactive / too sensitive."

Adaptation: "I learned to react quickly because connection once felt unstable."

Your version:

4. Recognize Your Own Steadiness

Name one moment this week when you stayed grounded — even briefly — when activation rose.

5. Recognize Your Partner Clearly

Name one consistent thing your partner does. Not perfection. Just consistency.

Anchor for this week

Vigilance isn't personality. It's adaptation. Noticing it is the first step out of it.

Worksheet 2 — Why Calm Can Feel Empty

Episode 2 • *Why You Can't Relax in Relationships*

What this worksheet is for

After intensity drops, the quiet that follows can feel hollow instead of peaceful. That isn't proof something is wrong — it's your nervous system coming down from high alert. This worksheet helps you stay one beat longer in that quiet.

1. Recognize the Drop

Think of a recent moment when intensity faded. What did you notice in your body afterward?

2. Map the Crash

Note what tends to show up first after the energy falls.

- Restlessness or the urge to do something.
- Shame or replaying what was said.
- The pull to text, explain, or fix.
- Withdrawal or shutting down first.
- A flat, hollow feeling that's hard to name.

3. The One-Beat-Longer Practice

Step 1: Take one slow breath.

Step 2: Notice your feet on the floor.

Step 3: Let the silence exist a few seconds longer than usual.

What did you notice?

4. Recognize Your Own Capacity

Name one time you waited — even briefly — instead of reacting. Stay specific.

5. Recognize Your Partner's Steadiness

Name one moment your partner stayed present during a quiet stretch.

Anchor for this week

Silence is not danger. It's a drop in energy. Staying one beat longer is how calm slowly becomes steady.

Worksheet 3 — Why Wanting More Feels Dangerous

Episode 3 • *Why You Can't Relax in Relationships*

What this worksheet is for

When wanting more in a relationship triggers guilt instead of hope, your nervous system has paired need with destabilization. This worksheet helps you separate the desire from the predicted outcome — and express it in stability language.

1. Recognize the Guilt Reflex

Check any of the inner negotiations that sound familiar.

- “Don’t bring it up — it’s not that important.”
- “They’re trying. I should just relax.”
- “If I push this, I might ruin it.”
- “Maybe I’m asking for too much.”

2. Name What You Actually Want

Strip away the apology. Write the need in one short sentence.

3. Separate Need From Catastrophe

Need: “I want more closeness.”

Predicted outcome: “If I say it, they’ll pull away.”

Your version — Need:

Your version — Predicted outcome:

New framing: “Wanting this does not automatically mean rupture.”

4. Express in Stability Language

Instead of: “I need more or this won’t work.”

Try: “I really value what we have, and I’d love to feel even more connected.”

Your version:

5. Recognize Yourself and Your Partner

One thing I value about how I show up:

One thing I value about how my partner shows up:

Anchor for this week

Wanting more doesn’t make you too much. In secure bonds, expression strengthens connection — it doesn’t threaten it.

Worksheet 4 — When Your Needs Became a Problem

Episode 4 • *Why You Can't Relax in Relationships*

What this worksheet is for

Self-silencing usually starts long before adult relationships. It begins when needs felt like they destabilized the people you depended on. This worksheet helps you name the training — not as a defect, but as an adaptation.

1. Recognize the Adaptation

Check what you remember becoming, often without being asked.

- Lower maintenance.
- More independent than felt natural.
- More helpful, more observant.
- Quicker to read the room than to ask.
- Quieter when you actually had something to say.

2. Name the Volume Training

Finish each line. Growing up, I learned that emotional volume meant... so I learned to keep my volume at...

3. Reframe the Story

Old story: "I'm too much."

New story: "I learned to lower the volume of my needs."

Your version of the new story:

4. Practice a Small Volume Increase

Example: "I'd like a little more reassurance right now."

Your request:

5. Recognize Yourself and Your Partner

A way I've already practiced being more visible:

A way my partner has responded well when I did:

Anchor for this week

Self-silencing was protection, not weakness. It can be updated — gradually, through small increases your nervous system can absorb.

Worksheet 5 — Why Familiar Doesn't Mean Safe

Episode 5 • Why You Can't Relax in Relationships

What this worksheet is for

The nervous system prioritizes predictability, not comfort. If activation was wired into your early experience of connection, calm can feel flat — even suspicious. This worksheet helps you slow down the pull toward familiar terrain.

1. Recognize the Pull

Check what tends to be true for you.

- Steady, consistent people sometimes feel boring or flat.
- Unpredictability lights me up — even when I know it may not be stable.
- I've mistaken intensity for chemistry.
- Calm makes me restless or suspicious that something is missing.

2. Map the Familiar Terrain

Describe the relational 'map' your nervous system knows best — the patterns you can navigate without thinking.

3. Separate Chemistry From Familiarity

Q1: Is this safety — or is this pattern recognition?

Q2: What is my body actually responding to right now?

4. Let Calm Feel Boring Before It Feels Safe

Name one steady person, moment, or routine that has felt flat — but might actually be safe.

5. Recognize Yourself and Your Partner

One way I've chosen steadiness over activation:

One way my partner offers consistent, low-drama presence:

Anchor for this week

Familiar does not automatically mean safe. Unfamiliar does not automatically mean wrong. Steadiness becomes attractive through repetition — not adrenaline.

Worksheet 6 — Why Closeness Feels Like a Risk

Episode 6 • Why You Can't Relax in Relationships • Series Finale

What this worksheet is for

When a relationship starts to matter, the stakes rise — and your body notices. This final worksheet helps you separate caring from catastrophe, and recognize the security you and your partner are already building.

1. Recognize the Bracing

Check what tends to show up as closeness deepens.

- Thoughts get louder: “What if this doesn't last?”
- I start monitoring tone, timing, and energy.
- Anxiety rises in proportion to how much I care.
- I want to pull back or test the bond — even though nothing is wrong.

2. Name the Investment

“Did something change — or did I just care more?”

3. Separate Caring From Catastrophe

Instead of: “We're closer. I might lose this.”

Try: “We're closer. That means I care.”

Your version:

4. Gather New Evidence

Name one recent moment that quietly contradicts the old rule that closeness leads to loss.

5. Series Integration

In one sentence — in your own words — what is shifting for you?

One way I've grown across this series:

One way my partner has been part of that growth:

Anchor going forward

Bracing is not instability. It is your system remembering. Security grows when you let new experience update old rules — gradually, repeatedly, on purpose.