



**Dr. Fox**

**5 STEPS TO REGAIN  
EMOTIONAL  
BALANCE IN  
INTENSE  
RELATIONSHIPS**

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# 5 Steps to Regain Emotional Balance in Intense Relationships

## Step 1: Pause and Take a Breath

Your Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When you feel yourself getting upset, stop and take a deep breath. This gives your brain a chance to catch up with your emotions.

Example: Imagine you're in a heated argument with your partner about house chores. Instead of yelling, say, "I need a moment to think," and take a few deep breaths in another room.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Step 2: Name What You're Feeling

Your Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Label your emotion: Are you angry? Hurt? Frustrated? Naming it can help you feel more in control.

Example: You realize you're not just angry about the chores—you're feeling unappreciated. Saying, "I feel unappreciated when I'm the only one cleaning up," is more helpful than shouting.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 3: Ask Yourself, "What's the Goal?"**

**Your Reflection:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Before you react, think about what you want. Do you want to fix the problem, feel heard, or just let off steam?

Example: If the goal is to get your partner's help with chores, yelling might not work. Instead, calmly say, "Can we make a plan to share these tasks?"

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **Step 4: Use “I” Statements**

**Your Reflection:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Avoid blaming or attacking language. Focus on your feelings and needs.

Example: Instead of, “You never help out around the house!” try, “I feel stressed when the chores pile up, and I’d appreciate your help.”

**Your Example:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **Step 5: Give Each Other Space to Respond**

**Your Reflection:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Once you’ve shared your thoughts, give the other person a chance to speak. Listening is just as important as talking.

Example: Your partner might not realize how you’ve been feeling. After you share your thoughts, ask, “What do you think about that?” Then really listen to their perspective.

Your Example: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Core Definitions

### Define Limerence

How Do You Define This? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**A romantic infatuation marked by obsessive thoughts and longing for reciprocation.**

Example: You meet someone new at work, and after a few conversations, you're fantasizing about your future together. Even though they've only shown casual friendliness, you analyze every text they send for hidden meanings. You might feel euphoric when they smile at you but crushed if they seem distant or busy.

Your Example: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Define BPD FP

How Do You Define This? \_\_\_\_\_

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An emotional attachment where a person with BPD feels deeply dependent on someone for validation and stability, often fearing abandonment.

Example: You have a close friend who's become the center of your emotional world. When they're attentive, you feel secure and happy, but if they miss a call or seem distracted, it triggers feelings of worthlessness or rejection. You might lash out or withdraw because the thought of losing them feels unbearable.

Your Example: \_\_\_\_\_

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## Emotional Dynamics with Examples

### Limerence

Highs and lows tied to reciprocation.

Example: You notice your crush liking someone else's social media post and feel devastated, but then they message you, and your mood soars. It's a constant emotional rollercoaster based on their perceived attention or disinterest.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **BPD FP**

Emotional highs and lows stem from perceived abandonment.

Example: Your best friend cancels plans last minute, and you immediately feel like they don't care about you anymore. This spirals into anger or sadness, even though they reassured you it's just because of a work emergency.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Dependency and Relationship Nature**

### **Limerence**

Dependency on reciprocation of romantic feelings.

Example: You constantly think about how to impress this person, rearranging your schedule or buying gifts in hopes of winning their affection, even if they haven't expressed serious interest in you.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **BPD FP**

Dependency on emotional regulation through the FP's presence or reassurance.

Example: You text your FP multiple times a day for their opinion on things like your outfit or decisions, and if they don't respond quickly, you feel panicked or abandoned.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Timeline and Resolution with Examples**

#### **Limerence**

Usually temporary, fading when reciprocation is clarified or unattainable.

Example: After a few months of longing for your coworker, you realize they aren't interested or enter a relationship with someone else, and the feelings begin to fade.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## **BPD FP**

Can last indefinitely without intervention.

Example: You've relied on your FP for years, and despite trying to create boundaries, their opinion or absence still deeply impacts your emotional state.

Your Example: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Mental Health and Emotional Impact**

### **Limerence**

Amplifies anxiety or depression but isn't tied to a specific diagnosis.

Example: You're constantly second-guessing your actions around the person, which leads to sleepless nights and difficulty focusing on other aspects of your life.

Your Example: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

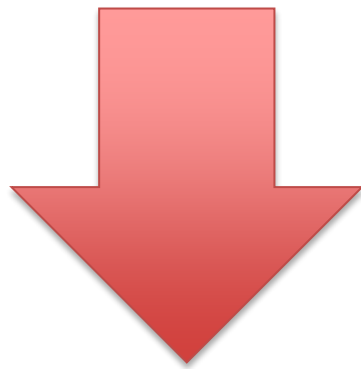
## **BPD FP**

Directly tied to emotional dysregulation and fear of abandonment.

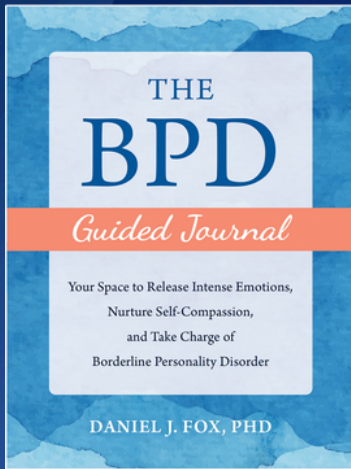
Example: You feel emotionally unstable when your FP isn't immediately available, leading to impulsive actions like sending angry messages or withdrawing completely.

Your Example: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Check out Dr. Fox's  
self-help materials to  
continue your growth  
process!!**



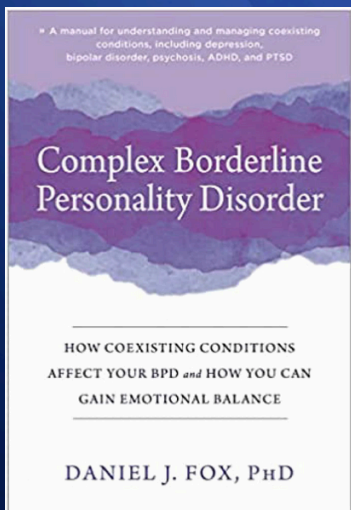
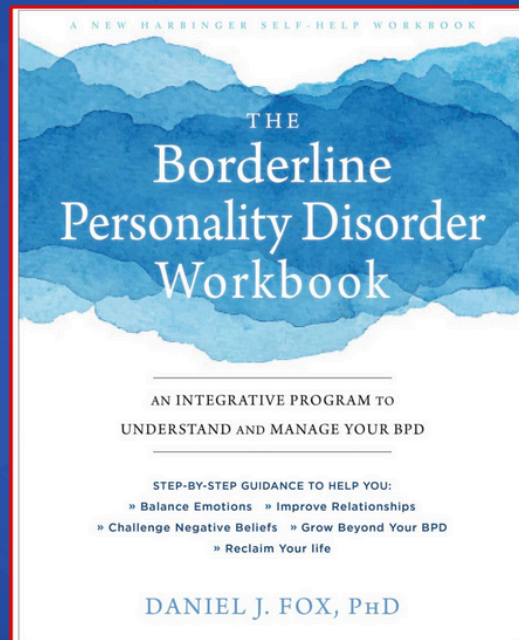
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