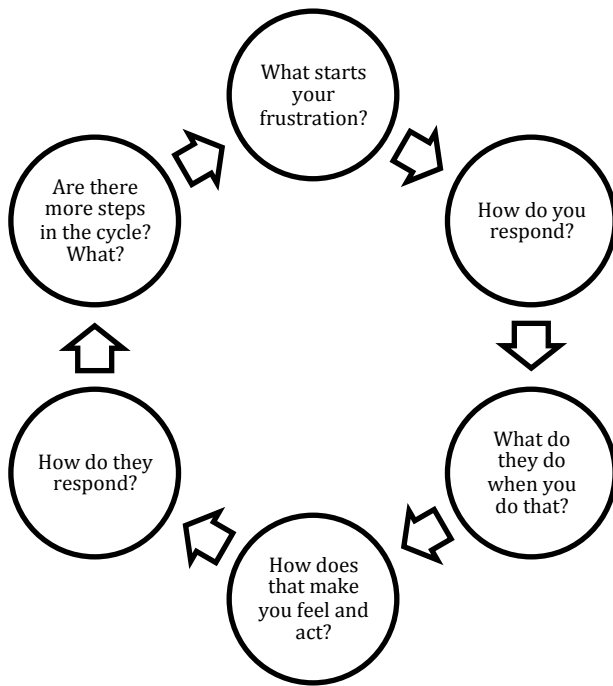


Cycles Activity

Choose a person in your intimate life. Are you in a cycle? Complete the activity organizer below.

| What do you need from them? | How often do you discuss your relationship? | What tier relationship is this? (1, 2, or 3) | Which of the Four Horsemen do they do? | Which of the Four Horsemen do you do? |
|-----------------------------|---|--|--|---------------------------------------|
| | | | | |



1. Answer the questions in the circles to the left.
2. Who is at fault in your cycle? Why?

3. Do you have power to break the cycle? Explain.