

### **Partner-exclusive Vulnerability Priming Instructions**

We will be asking you to share with each other what we call vulnerabilities—things that we feel insecure about, things that we don't like about ourselves, things that we've done that we feel badly about—any kind of feeling or experience we've had that has caused us some pain or hurt. Please select a vulnerability that has occurred outside of your relationship—rather than something your partner has caused. For example, please exclude vulnerabilities that your partner has made you feel insecure or bad about.

Common feelings related to vulnerability include: Shame, guilt, dissatisfaction with self, dissatisfaction with another, hurt, incompetence, betrayal, pain, sadness, fear, and rejection. What I'd like you to do right now is take about 10 minutes to try to focus on these feelings, writing down some of your thoughts as a way of helping you focus on them. You may want to try to remember what it was that brought on the feeling of vulnerability, what situations bring it up for you now, how you feel, why you feel that way, and so on. What you write down is not important; we just want to make sure you are ready to talk to each other. We've found that it is a good idea for you to focus on one or two things rather than to try to make a list of things. Choose one that is most important in your life now and write about your feelings

### **Partner-inclusive Vulnerability Priming Instructions**

We will be asking you to share with each other what we call partner-inclusive vulnerabilities—things that your partner has done to make you feel insecure, sad, embarrassed, or unwanted. Any situation that has been directly related to your partner that has caused you some pain or hurt. Common feelings related to partner-inclusive vulnerabilities include: Shame, guilt, dissatisfaction with self, dissatisfaction with another, hurt, incompetence, betrayal, pain, sadness, fear, and rejection. What I'd like you to do right now is take about 10 minutes to try to focus on these feelings, writing down some of your thoughts as a way of helping you focus on them. You may want to try to remember what it was that brought on the feeling of vulnerability, what situations bring it up for you now, how you feel, why you feel that way, and so on. What you write down is not important; we just want to make sure you are ready to talk to each other. We've found that it is a good idea for you to focus on one or two things rather than to try to make a list of things. Choose one that is most important in your life now and write about your feelings.