

# Cycle of 4-A Behavior

(Abuse, Addiction, Adultery and/or Abandonment)

Name "Explosive Behaviors" that you experience or witness from the person behaving destructively. (ie. abuse, participating in addiction, sexually acting out, being abandoned, etc.):

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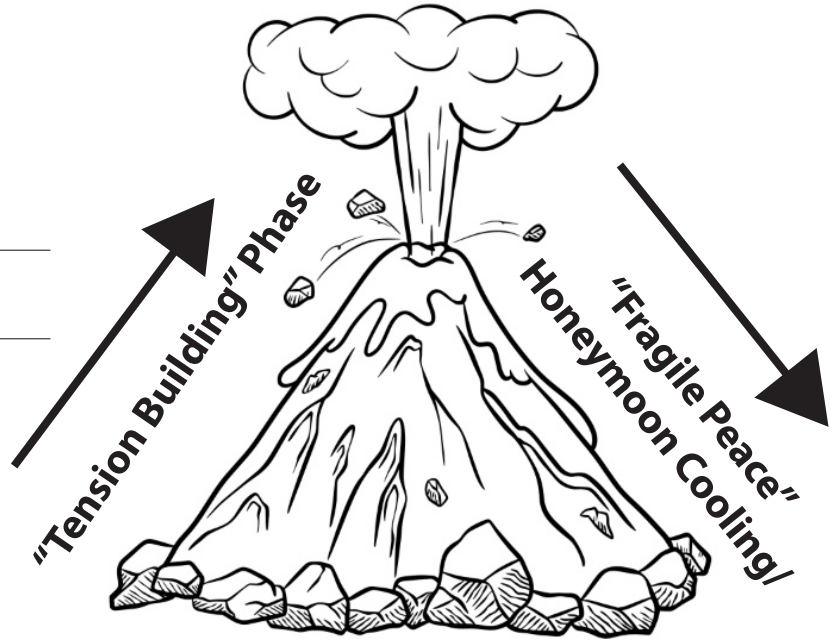
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**"Explosive Behaviors"/ Event/  
Acting Out, etc**



**What types of "Tension Building" behaviors lead up to the "Explosive Behaviors?"**  
(ie. disconnecting emotionally, they pick a fight, become overly critical, hang out with a certain group, etc.)

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**What does "Fragile Peace" behavior look like in this relationship?**  
(ie. love bombing, gaslighting, apologizing without lasting change, gift giving, minimizing, etc.):

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**Looking at the “Explosive Behaviors” of the person behaving destructively, which behaviors constitute abuse, addiction, adultery and/ or abandonment?**

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**Consider the “Tension Building” behaviors that lead up to the “Explosive Behaviors.”  
Is there something you can do to create safety when you see these behaviors?  
(ie. set a boundary, go to a friend’s home, reveiw your safety plan, seek help, etc.):**

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**What insights do you have about this being a pattern or a cycle? (ie. Does it help to understand the larger picture? Does it offer new insights into self-compassion, or maybe offer new options such as a need for professional help?)**

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