

Falling in the “Black Hole” of the Negative Cycle

*The Inevitability of Getting Caught in Negative Cycles
And The Importance of Finding the Way Out*

Every couple gets caught in negative cycles of interaction and falls into the “black hole”. The black hole is a state of feeling estranged from your partner which often includes feeling alone and isolated.

There is no way to keep from getting caught in negative cycles some of the time.

Caught in a negative cycle, partners are quickly flooded with intense negative emotion.

**In a negative cycle, partners fight for connection either by:
pushing to resolve issues or
withdrawing to keep the peace.**

In this way, partners become stuck in a disconnected alienated stalemate.

You Know You Are In a Negative Cycle When:

- 1) You or your partner does something negative and the other always follows with a negative response.**
- 2) You or your partner does something positive and the other follows with a non-response or a defensive response.**
- 3) Everything is colored “negative”.**
- 4) Time seems endless. The future seems hopeless.**
- 5) You have a list of “bad memories” right before your eyes.**
- 6) You feel hurt, alone or unimportant but what you show is anger, indifference or defensiveness**

***There is no way to keep from getting caught in negative cycles some of the time.
When you and your partner have climbed out of these negative cycles together many times, you will become more resilient and experience more trust and security in your relationship.***