



Think of a situation that keeps repeating—like “My husband never puts his dishes in the dishwasher.” That’s your **persistent complaint**. Your usual reaction—like “I tell him over and over!”—is your **fixed way of being**.

- **Persistent Complaint** – What keeps bothering you?
- **Fixed Way of Being** – How do you usually react?
- **Cost** – What does it take from you? (e.g., peace, connection)
- **Payoff/Benefit** – What do you get from staying in it? (e.g., being right, avoiding vulnerability) If it keeps showing up, there's likely a hidden benefit. Let's take a look.

[illegible]