

♥ Coping With the Silent Treatment

| <u>Coping Strategy</u> | <u>Rationale</u> | <u>Self-Check Question</u> |
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| Fill Your Time | Overthinking increases distress. | <i>What grounding or productive activity can I do right now?</i> |
| Anchor to Truth | Silence can distort reality. | <i>Just because they act like I'm wrong doesn't mean I am.</i> |
| Reality Check | Don't absorb lies or exaggerations highlighted by the other person. | <i>What facts do I actually know?</i> |
| Talk to Someone Safe | Isolation fuels anxiety and depression. | <i>Who can help me process this out loud?</i> |
| Reduce Emotional Dependence | Spread emotional support across safe people. | <i>Who else can meet my emotional needs right now?</i> |
| Leave If You Can Safely | Chronic silence signals emotional unsafety. | <i>If nothing changed, could I live with this long-term?</i> |

● What Can Trip You Up: Keeps the Silence Cycle Going

| <u>Behavioral Traps</u> | <u>Why It Keeps the Cycle Going</u> | <u>Though Process</u> |
|-------------------------------|-------------------------------------|---|
| Chasing | Rewards silence with attention. | <i>Pause and self-regulate first.</i> |
| Over-explaining | Shifts focus to proving your worth. | <i>Clarity doesn't require justification.</i> |
| People-pleasing | Teaches connection comes at a cost. | <i>My needs matter too.</i> |
| Apologizing to end discomfort | Reinforces false blame. | <i>Peace without truth isn't repair.</i> |
| Ignoring your needs | Increases resentment and burnout. | <i>Listening to myself is protective.</i> |
