

# DAY 17

“Guilt and defensiveness are bricks in a wall against which we all flounder; they serve none of our futures.” - Audre Lorde

Today I'd like you to think about what activates you to respond defensively to your partner. Does this seem to be a theme in your life? Does it hit on an insecurity of yours? Are you interpreting a negative message attached to what you are defending against? If you feel safe, share these things with your partner. Focus less on what was said, and more on what you felt.

Journal about this experience below: