He just gets too irritable. I feel it coming. I get tense…like I prepare for the onslaught.

I fear that I won´t be able to appease him. I won’t measure up to his demands of me.

I don’t know what to do; it’s awful. I try to respond, and he just gets more irritable. So, I try again, and he gets angrier. I keep trying to explain, but at some point, there’s just no use. I can only take so much, so I end up either going cold, shutting down, or going off alone.

1. What are the apparent secondary emotional responses for the male in the example above?
2. What are the apparent secondary emotional responses for the female?
3. Create your own reflection of secondary emotion within the context of the cycle.