

When We Are Not Getting Along: My Thoughts, Feelings, and Behaviors

Check all the statements that reflect the way you feel or what you do when you and your partner are fighting or not getting along. Look back over the list and circle a few to indicate the most important items.

What I do

- | | |
|---|--|
| <input type="checkbox"/> I criticize | <input type="checkbox"/> I feel numb |
| <input type="checkbox"/> I attack | <input type="checkbox"/> I have trouble putting my thoughts into words |
| <input type="checkbox"/> I blame | <input type="checkbox"/> I feel smothered |
| <input type="checkbox"/> I defend | <input type="checkbox"/> I feel like it's always my fault |
| <input type="checkbox"/> I analyze | <input type="checkbox"/> I feel judged |
| <input type="checkbox"/> I rationalize | <input type="checkbox"/> I feel put down |
| <input type="checkbox"/> I get quiet | <input type="checkbox"/> I feel I don't know what I did |
| <input type="checkbox"/> I become cold or aloof | <input type="checkbox"/> I feel analyzed |
| <input type="checkbox"/> I clam up | <input type="checkbox"/> I feel invalidated |
| <input type="checkbox"/> I withdraw | <input type="checkbox"/> I feel discounted |
| <input type="checkbox"/> I avoid conflict | <input type="checkbox"/> I feel attacked |
| <input type="checkbox"/> I leave | <input type="checkbox"/> I feel controlled |

What I feel

- | | |
|---|---|
| <input type="checkbox"/> I feel scared | <input type="checkbox"/> I feel intimidated |
| <input type="checkbox"/> I feel afraid | <input type="checkbox"/> I feel dismissed |
| <input type="checkbox"/> I feel hurt | <input type="checkbox"/> I feel uncared for or unwanted |
| <input type="checkbox"/> I feel vulnerable | <input type="checkbox"/> I feel unlovable |
| <input type="checkbox"/> I feel worried or nervous | <input type="checkbox"/> I feel unattractive |
| <input type="checkbox"/> I feel disappointed | <input type="checkbox"/> I feel unimportant |
| <input type="checkbox"/> I feel ignored | <input type="checkbox"/> I feel inadequate |
| <input type="checkbox"/> I feel shut out or pushed away | <input type="checkbox"/> I feel small |
| <input type="checkbox"/> I feel rejected | <input type="checkbox"/> I feel I don't matter |
| <input type="checkbox"/> I feel abandoned | <input type="checkbox"/> I feel I've failed |
| <input type="checkbox"/> I feel misunderstood | <input type="checkbox"/> I feel guilty |

In My Body I feel

- | |
|---|
| <input type="checkbox"/> I feel my heart speeding up |
| <input type="checkbox"/> I feel I feel uneasy in my stomach |
| <input type="checkbox"/> I feel tightness in my throat |
| <input type="checkbox"/> I feel pressure in my chest |
| <input type="checkbox"/> I feel I feel tense in my body |

How We Interact During Conflict

- | |
|--|
| <input type="checkbox"/> I avoid talking about the relationship |
| <input type="checkbox"/> I become silent and withdrawn |
| <input type="checkbox"/> My partner won't let it drop |
| <input type="checkbox"/> I have to push my partner to talk |
| <input type="checkbox"/> I get angry to get my partner to talk |
| <input type="checkbox"/> My partner withdraws; won't face an issue |

Name: _____

Date: _____