

WHEN WE'RE NOT GETTING ALONG: MY FEELINGS, THOUGHTS 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 the most important statements

What I Do

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> I attack | <input type="checkbox"/> I criticize |
| <input type="checkbox"/> I avoid conflict | <input type="checkbox"/> I defend |
| <input type="checkbox"/> I become cold or aloof | <input type="checkbox"/> I get quite |
| <input type="checkbox"/> I blame | <input type="checkbox"/> I leave |
| <input type="checkbox"/> I clam up | <input type="checkbox"/> I withdraw |

What I Feel

- | | |
|---|---|
| <input type="checkbox"/> I feel abandoned | <input type="checkbox"/> I feel down or depressed |
| <input type="checkbox"/> I feel afraid | <input type="checkbox"/> I feel empty |
| <input type="checkbox"/> I feel alone or lonely | <input type="checkbox"/> I feel flooded with emotion |
| <input type="checkbox"/> I feel analyzed | <input type="checkbox"/> I feel frustrated |
| <input type="checkbox"/> I feel angry | <input type="checkbox"/> I feel guarded |
| <input type="checkbox"/> I feel attacked | <input type="checkbox"/> I feel guilty |
| <input type="checkbox"/> I feel blamed or criticized | <input type="checkbox"/> I feel hopeless |
| <input type="checkbox"/> I feel blank | <input type="checkbox"/> I feel hurt |
| <input type="checkbox"/> I feel confused | <input type="checkbox"/> I feel like I don't know what I have done |
| <input type="checkbox"/> I feel controlled | <input type="checkbox"/> I feel that I don't matter |
| <input type="checkbox"/> I feel disappointed | <input type="checkbox"/> I feel that I've failed |
| <input type="checkbox"/> I feel disconnected | <input type="checkbox"/> I feel ignored |
| <input type="checkbox"/> I feel discounted | <input type="checkbox"/> I feel inadequate |
| <input type="checkbox"/> I feel dismissed or "blown off" | <input type="checkbox"/> I feel intimidated |
| <input type="checkbox"/> I feel invalidated | <input type="checkbox"/> I feel sad |
| <input type="checkbox"/> I feel isolated | <input type="checkbox"/> I feel scared |
| <input type="checkbox"/> I feel like it's always my fault | <input type="checkbox"/> I feel shut out or pushed away |
| <input type="checkbox"/> I feel judged | <input type="checkbox"/> I feel small or insignificant |
| <input type="checkbox"/> I feel let down | <input type="checkbox"/> I feel smothered |
| <input type="checkbox"/> I feel like clinging to my partner | <input type="checkbox"/> I feel unable to calm myself down |
| <input type="checkbox"/> I feel like getting back | <input type="checkbox"/> I feel unable to focus my thoughts |
| <input type="checkbox"/> I feel like protecting myself | <input type="checkbox"/> I feel unattractive |
| <input type="checkbox"/> I feel misunderstood | <input type="checkbox"/> I feel uncared for or unwanted |
| <input type="checkbox"/> I feel unimportant | <input type="checkbox"/> I feel my partner is never there for me |
| <input type="checkbox"/> I feel numb | <input type="checkbox"/> I feel unlovable |
| <input type="checkbox"/> I feel overwhelmed | <input type="checkbox"/> I feel vulnerable |
| <input type="checkbox"/> I feel put down | <input type="checkbox"/> I feel worried or nervous |
| <input type="checkbox"/> I feel rejected | <input type="checkbox"/> I have trouble putting thoughts into words |
| <input type="checkbox"/> I feel shame | |

Name _____

Date _____

In My Body I Feel

- ___ I feel my heart speeding up
- ___ I feel pressure in my chest
- ___ I feel tense somewhere in my body
- ___ I feel tightness in my throat
- ___ I feel uneasy in my stomach
- ___ Other (*please describe*)

How We Interact During Conflict

- ___ During an argument, I become silent, withdraw, and don't want to discuss things
- ___ I often get angry and critical to get my partner to talk
- ___ I often want to avoid talking about our relationship
- ___ I often want to push my partner to talk about our relationship
- ___ My partner often pushes an issue and won't let up
- ___ My partner withdraws and won't face an issue when I want to talk

Other Feelings

Adapted from Hold Me Tight
by Dr. Sue Johnson
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