Name:_____

When We Are 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 a few to indicate the most important items.*

What I Do.....

I criticize
I attack
I blame
I defend
I analyze
I rationalize
I get quiet
I become cold or aloof
I clam up
I withdraw
I avoid conflict
I leave

What I Feel .....

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

In My Body I Feel .....

I feel my heart speeding up.
I feel tense somewhere in my body.
I feel uneasy in my stomach.
I feel tightness in my throat.
I feel pressure in my chest.

How We Interact During Conflict ....

____I often want to avoid talking about our relationship.
____During an argument, I become become silent, withdraw and don't want to discuss things.
____My partner often pushes an issue and won't let it drop.

____I often want to push my partner to talk about our relationship.
____I often get angry and critical to get my partner to talk.
____My partner withdraws a lot and won't face an issue when I want to talk.

Other Feelings:_____
_____
_____

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