

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 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: _____

Name _____ Date _____

Couple Satisfaction Checklist

* Place a (V) check in the box to the right of each relationship category that best describes how satisfied you feel.

	Very Dissatisfied	Moderately Dissatisfied	Slightly Dissatisfied	Slightly Satisfied	Moderately Satisfied	Very Satisfied	Check 3 Areas You Want Most to Change
1. Degree of Closeness, Openness, Confiding, Sharing and Comforting							
2. Expression of Affection and Caring							
3. Satisfaction with Sexual Intimacy							
4. Handling Conflicts and Arguments							
5. Expression of Anger, Criticism or Blame							
6. Handling Family finances							
7. Handling of Parenting Issues							
8. Handling of Household Tasks							
9. Common Interests and Social Life							
10. Degree of Respect and Admiration for Your Partner							
11. Satisfaction with your Role in the Relationship							
12. Satisfaction with your Partner's Role in the Relationship							
13. Overall Satisfaction with Your Relationship							