

Gridlock on Perpetual Issues

Read each statement and fill in the appropriate TRUE or FALSE bubble.

WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. The same problems keep coming up again and again in our relationship.	<input type="radio"/>	<input type="radio"/>
2. We rarely make much progress on our central issues.	<input type="radio"/>	<input type="radio"/>
3. We keep hurting each other whenever we discuss our core issues.	<input type="radio"/>	<input type="radio"/>
4. I feel criticized and misunderstood when we discuss our hot topics.	<input type="radio"/>	<input type="radio"/>
5. My partner has a long list of basically unreasonable demands.	<input type="radio"/>	<input type="radio"/>
6. When we discuss our basic issues, I often feel that my partner doesn't even like me.	<input type="radio"/>	<input type="radio"/>
7. My partner wants me to change my basic personality.	<input type="radio"/>	<input type="radio"/>
8. I often keep quiet and withdraw to avoid stirring up too much conflict.	<input type="radio"/>	<input type="radio"/>
9. I don't feel respected when we disagree.	<input type="radio"/>	<input type="radio"/>
10. My partner often acts in a selfish manner.	<input type="radio"/>	<input type="radio"/>
11. What I say in our discussions rarely has much effect.	<input type="radio"/>	<input type="radio"/>
12. I feel put down in our discussions of key issues.	<input type="radio"/>	<input type="radio"/>
13. I can't really be myself in this relationship.	<input type="radio"/>	<input type="radio"/>
14. I often think that my partner is manipulating me.	<input type="radio"/>	<input type="radio"/>
15. Sometimes I think that my partner doesn't care about my feelings.	<input type="radio"/>	<input type="radio"/>
16. My partner rarely makes a real effort to change.	<input type="radio"/>	<input type="radio"/>
17. There are some basic faults in my partner's personality that he or she will not change.	<input type="radio"/>	<input type="radio"/>
18. My partner disregards my fundamental needs.	<input type="radio"/>	<input type="radio"/>
19. Sometimes I feel that my values don't matter to my partner.	<input type="radio"/>	<input type="radio"/>
20. When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.	<input type="radio"/>	<input type="radio"/>