

The Four Horsemen

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

WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. I feel attacked or criticized when we talk about our disagreements.	<input type="radio"/>	<input type="radio"/>
2. I usually feel like my personality is being assaulted.	<input type="radio"/>	<input type="radio"/>
3. In our disputes, at times, I don't even feel like my partner likes me very much.	<input type="radio"/>	<input type="radio"/>
4. I have to defend myself because the charges against me are so unfair.	<input type="radio"/>	<input type="radio"/>
5. I often feel unappreciated by my partner.	<input type="radio"/>	<input type="radio"/>
6. My feelings and intentions are often misunderstood.	<input type="radio"/>	<input type="radio"/>
7. I don't feel appreciated for all the good I do in this relationship.	<input type="radio"/>	<input type="radio"/>
8. I often just want to leave the scene of the arguments.	<input type="radio"/>	<input type="radio"/>
9. I get disgusted by all the negativity between us.	<input type="radio"/>	<input type="radio"/>
10. I feel insulted by my partner at times.	<input type="radio"/>	<input type="radio"/>
11. I sometimes just clam up and become quiet.	<input type="radio"/>	<input type="radio"/>
12. I can get mean and insulting in our disputes.	<input type="radio"/>	<input type="radio"/>
13. I feel basically disrespected.	<input type="radio"/>	<input type="radio"/>
14. Many of our issues are just not my problem.	<input type="radio"/>	<input type="radio"/>
15. The way we talk makes me want to just withdraw from the whole relationship.	<input type="radio"/>	<input type="radio"/>
16. I think to myself, "Who needs all this conflict?"	<input type="radio"/>	<input type="radio"/>
17. My partner never really changes.	<input type="radio"/>	<input type="radio"/>
18. Our problems have made me feel desperate at times.	<input type="radio"/>	<input type="radio"/>
19. My partner doesn't face issues responsibly and maturely.	<input type="radio"/>	<input type="radio"/>
20. I try to point out flaws in my partner's personality that need improvement.	<input type="radio"/>	<input type="radio"/>

The Four Horsemen (*continued*)

WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
21. I feel explosive and out of control about our issues at times.	<input type="radio"/>	<input type="radio"/>
22. My partner uses phrases like "You always" or "You never" when complaining.	<input type="radio"/>	<input type="radio"/>
23. I often get the blame for what are really our problems.	<input type="radio"/>	<input type="radio"/>
24. I don't have a lot of respect for my partner's position on our basic issues.	<input type="radio"/>	<input type="radio"/>
25. My partner can be quite selfish and self-centered.	<input type="radio"/>	<input type="radio"/>
26. I feel disgusted by some of my partner's attitudes.	<input type="radio"/>	<input type="radio"/>
27. My partner gets far too emotional.	<input type="radio"/>	<input type="radio"/>
28. I am just not guilty of many of the things I get accused of.	<input type="radio"/>	<input type="radio"/>
29. Small issues often escalate out of proportion.	<input type="radio"/>	<input type="radio"/>
30. Arguments seem to come out of nowhere.	<input type="radio"/>	<input type="radio"/>
31. My partner's feelings get hurt too easily.	<input type="radio"/>	<input type="radio"/>
32. I often will become silent to cool things down a bit.	<input type="radio"/>	<input type="radio"/>
33. My partner has a lot of trouble being rational and logical.	<input type="radio"/>	<input type="radio"/>