

When We're Not Getting Along: 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 attack | I criticize |
| I avoid conflict | I defend |
| I become cold or aloof | I get quiet |
| I blame | I leave |
| I clam up | I withdraw |

What I Feel

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

I feel numb
I feel overwhelmed
I feel put down
I feel rejected

I feel unlovable
I feel vulnerable
I feel worried or nervous
I feel trouble putting thoughts into words

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

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 it drop.
- ___ My partner withdraws a lot and won't face an issue when I want to talk.

Other Feelings
