

Integrity Counseling Inc.

Checklist of Unhealthy Relationship Skills

1. Ways I try to control my partner:

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|---|--|---|
| <input type="checkbox"/> Yell | <input type="checkbox"/> Argue | <input type="checkbox"/> Use sarcasm |
| <input type="checkbox"/> Criticize | <input type="checkbox"/> Lecture | <input type="checkbox"/> Raise my eyebrows |
| <input type="checkbox"/> Say "Tsk Tsk" | <input type="checkbox"/> Explain | <input type="checkbox"/> Whine |
| <input type="checkbox"/> Shake my head | <input type="checkbox"/> Become self-righteous | <input type="checkbox"/> Shrug my shoulders |
| <input type="checkbox"/> Roll my eyes | <input type="checkbox"/> Blame | <input type="checkbox"/> Throw things |
| <input type="checkbox"/> Get irritated | <input type="checkbox"/> Complain | <input type="checkbox"/> Tell my feelings |
| <input type="checkbox"/> Accuse back | <input type="checkbox"/> Justify | <input type="checkbox"/> Withdraw angrily |
| <input type="checkbox"/> Pout | <input type="checkbox"/> Judge | <input type="checkbox"/> Be a know-it-all |
| <input type="checkbox"/> Become ill | <input type="checkbox"/> Flatter | <input type="checkbox"/> Interpret |
| <input type="checkbox"/> Be sneaky, deceptive | <input type="checkbox"/> Interrogate | <input type="checkbox"/> Teach |
| <input type="checkbox"/> Lie, withhold truth | <input type="checkbox"/> Deny | <input type="checkbox"/> Analyze |
| <input type="checkbox"/> Therapize | <input type="checkbox"/> Talk them out of their feelings | <input type="checkbox"/> Nag |
| <input type="checkbox"/> Be a nice guy/gal | <input type="checkbox"/> Push partner into therapy | <input type="checkbox"/> Give advice |
| <input type="checkbox"/> Give gifts with strings attached | <input type="checkbox"/> Ask leading questions | <input type="checkbox"/> Change the subject |
| <input type="checkbox"/> Take responsibility for others | <input type="checkbox"/> Scowl | <input type="checkbox"/> Interrupt |
| <input type="checkbox"/> Moralize | <input type="checkbox"/> Bribery | <input type="checkbox"/> Get angry |
| <input type="checkbox"/> Be short, curt | <input type="checkbox"/> Hit | |
| <input type="checkbox"/> Point things out without being asked | <input type="checkbox"/> Be indispensable | |

I use:

- | | | |
|---|--|---|
| <input type="checkbox"/> The silent treatment | <input type="checkbox"/> Blaming tears | <input type="checkbox"/> Disapproving looks |
| <input type="checkbox"/> Temper tantrums | <input type="checkbox"/> Disapproving sighs | <input type="checkbox"/> "Poor me" tears |
| <input type="checkbox"/> Put downs | <input type="checkbox"/> A superior attitude | <input type="checkbox"/> Abandonment |

I use threats of:

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|---|---|---|
| <input type="checkbox"/> Financial withdrawal | <input type="checkbox"/> Emotional withdrawal | <input type="checkbox"/> Exposure to others |
| <input type="checkbox"/> Sexual withdrawal | <input type="checkbox"/> Illness | <input type="checkbox"/> Violence |
| <input type="checkbox"/> Suicide | <input type="checkbox"/> Abandonment | |

2. Ways I use to shut down, withdraw or ignore my partner:

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|---|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Work | <input type="checkbox"/> Pornography | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Drugs/Alcohol | <input type="checkbox"/> TV | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Hobbies | <input type="checkbox"/> Children | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Illness | <input type="checkbox"/> Food | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Storytelling | <input type="checkbox"/> Fantasizing |
| <input type="checkbox"/> Spending Money | <input type="checkbox"/> Worrying | <input type="checkbox"/> Daydreaming |

3. Ways I comply when others try to control me:

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|--|---|
| <input type="checkbox"/> I don't ask for what I want. | <input type="checkbox"/> I don't say anything. |
| <input type="checkbox"/> I say it's OK, when it's not. | <input type="checkbox"/> I don't express my opinion. |
| <input type="checkbox"/> I agree with whatever others say | <input type="checkbox"/> I give up my own dreams and goals. |
| <input type="checkbox"/> I go along with whatever people want me to do | <input type="checkbox"/> I give up what I want to do. |
| <input type="checkbox"/> I don't stand up for myself. | <input type="checkbox"/> I give away my power. |
| <input type="checkbox"/> I postpone talking about problems | <input type="checkbox"/> I do things to please others and get confused about what I want. |
| <input type="checkbox"/> I take the easy way out. | <input type="checkbox"/> I censor my wants and feelings. |
| <input type="checkbox"/> I rescue others while ignoring my own needs. | <input type="checkbox"/> I second guess or anticipate what others want. |
| <input type="checkbox"/> I give in for now, thinking I won't have to next time. | <input type="checkbox"/> I downplay my needs. |
| <input type="checkbox"/> I tell myself that giving in is no big deal. | <input type="checkbox"/> I tell myself what I want isn't important. |
| <input type="checkbox"/> I tell myself that it's not worth the battle. | <input type="checkbox"/> I tell myself that what I want is wrong. |
| <input type="checkbox"/> I tell myself that it's worth it to get them to shut up. | <input type="checkbox"/> I tell myself that I don't deserve it. |
| <input type="checkbox"/> I tell myself that it's better to give in than hurt their feelings. | |

4. Ways I rebel when someone tries to control me:

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| <input type="checkbox"/> I say I'll do what he/she wants and then I don't do it. | <input type="checkbox"/> I say I'll do it, then fail to show up. |
| <input type="checkbox"/> I get make the other person wrong for asking. | <input type="checkbox"/> I procrastinate. |
| <input type="checkbox"/> I act helpless or incompetent. | <input type="checkbox"/> I get sick. |
| <input type="checkbox"/> I get apathetic. | <input type="checkbox"/> I give to pets or friends what the person asked of me |
| <input type="checkbox"/> I do it, but only half-way. | <input type="checkbox"/> I am unable to understand. |
| <input type="checkbox"/> I find some way to sabotage. | <input type="checkbox"/> I do it wrong on purpose. |
| <input type="checkbox"/> I'm not open to learning. | <input type="checkbox"/> I pretend not to hear. |
| <input type="checkbox"/> I won't make a commitment. | <input type="checkbox"/> I'm disinterested. |
| <input type="checkbox"/> I do the opposite of what he/she wants. | <input type="checkbox"/> I bail at the last minute. |
| <input type="checkbox"/> I explain, defend or get mad. | |