

- 1 – Place a check beside any of these that apply to you. Later you will do the same for your spouse / fiancé.¹
- 2 – Circle agreements
- 3 – Place Triangles around the ones your loved one says, “this impacts me & us.”
- 4 – Initiate a discussion about the main three that you do that impact the other person / your relationship.

	Her	Him
a. Clamming up – not talking, shutting down, denying there is a problem	_____	_____
b. Hinting – instead of forthrightness, lots of indirect messages	_____	_____
c. Hiding – stalling, slow to admit when wrong	_____	_____
d. Blaming – someone must be at fault, someone’s gotta pay!	_____	_____
e. Exaggerating – “you always!” “you never!”	_____	_____
f. Defensive – making excuses, living on “high alert”	_____	_____
g. Attacking – threatening, using words that wound or blame	_____	_____
h. Prideful – arrogant, condescending, condemning words / responses	_____	_____
i. Jumping to conclusions – rather than patient listening	_____	_____
j. Interrupting – inserting my thoughts, cross-examining, over-assertive	_____	_____
k. Double bind – “Sure you can go out with your friends!” But Later... “I can’t <i>believe</i> you chose them over me!!!”	_____	_____
l. Premature apology – saying sorry so quickly the real issue gets little attention	_____	_____
m. Manipulation – speech goal – control your behavior, reduce your agency	_____	_____
n. Cold shoulder – rejection embodied (non-verbally), affirmation suppressed	_____	_____
o. Belittling – demeaning the other’s feelings, harsh criticism, sarcasm	_____	_____
p. Confusion – creating or allowing unclear communication	_____	_____
q. Too light Tigger – difficulty with pain, sorrow, & tension, makes light	_____	_____
r. Too heavy Eeyore – difficulty with joy & hope, complains more than rejoices	_____	_____
s. Exasperated – can’t relate comfortably, easily offended, dysregulated	_____	_____

¹ Credit for this work sheet goes to Dave & Barbara Masoner. I’ve edited it a bit. But the original idea and much of the content was theirs first.