

Answer the following questions.

1. Check the emotions you experienced: I feel that I am or have been:

- Abused  Boring  Disrespected  Failure  Guilty  Helpless  Insignificant  Incapable
- Can't do anything right  I should die  I cause misery  Neglected  Not good enough
- Stupid  Worthless  Something is wrong with me  Unacceptable  Unwanted

Other \_\_\_\_\_

2. Check way you have attempted to fix yourself of your circumstances:

- Bible study  Counseling  Church attendance  Exercise  New job  New location
- New relationships  People pleasing  Performance  Prayer  Reading  Work harder
- Vows  Put life in children or grand children

Other \_\_\_\_\_

3. Check which of the following describe things you have done or do at your WORST or when you are depressed, angry, etc.

- Alcohol  Moody  Seek attention  Blame others  Control  Cheat  Fantasize
- Critical of self  Critical of others  Cry  Drugs  Eat  Explode  Gamble  Lie
- Manipulate  Make excuses  Read  Reject others  Romance  Run/avoid  Sex
- Spend \$  Steal  Take no blame  Take all the blame  TV/movies/internet  Try to fix
- Withdraw  Worry  Work harder

Other \_\_\_\_\_

4. Check the characteristics that describe your spouse (or individuals) at their WORST, when you are at your worst. This person(s) is:

- Abusive  Against me  Always right  Angry  Cheating on me  Controlling  Defensive
- Demanding  Disappointed with me  Emotional  Explosive  Harsh  Hard to please
- Impersonal  Incapable  Inconsistent  Inconsiderate  Irrational  Irresponsible
- Insecure  Insensitive  Manipulative  Moody  Quiet  Trying to change me  Selfish
- Rejecting me  Unforgiving  Has high expectations  Unaffectionate  Uncomplimentary
- Unkind  Unloving  Unrealistic  Untrustworthy  Withdrawn  Will disappoint me

Other \_\_\_\_\_