

Step 1: Circle all of the left column words that apply to the way you tend to REACT to conflict

Step 2: Draw a STAR next to the most significant 5 of those.

“When there is conflict, I tend to...”	Description of what it looks/feels like...
Withdraw	I avoid others or alienate myself without resolution. I get distance. I sulk or use the silent treatment.
Stonewall	I turn into a stone wall by not responding to my mate.
Escalate	My emotions spiral out of control. I argue, raise my voice, or fly into a rage.
Emotionally shut down	I detach emotionally and close my heart towards my partner. I numb out. I become devoid of emotion and have no regard for others’ needs or troubles.
Pacify	I try to soothe, calm down, or placate my partner. I try to get him/her not to feel negative emotions.
“Earn-It” mode	I try to do more to earn my partner’s love and care back.
Belittle	I devalue or dishonor my partner with words or actions. I call him/her names and use insults, ridicule, and sometimes mock him/her.
Negative beliefs	I believe my partner is far worse than is really the case. I see him/her in a negative light or attribute negative motives to him/her. I see my partner through a negative lens.
Arrogance	I posture myself as superior, better than, or wiser than my partner.
Blame	I place responsibility on others and don’t accept my own fault. I become convinced that the problem is my partner’s fault.
Innocent victim	I see my partner as an attacking monster and myself as unfairly accused, mistreated, or unappreciated.
Control	I hold back, restrain, oppress, or dominate my partner. I “rule over” my partner. I talk over or prevent my partner from having the chance to explain their position, opinions, or feelings.
Dishonesty	I lie, give out false impressions, or fail to reveal information. I falsify my thoughts, feelings, habits, likes, dislikes, personal history, behaviors, daily activities, or plans for the future.
Withhold	I withhold my affections, feelings, sexual intimacy, or love from my partner.
Demand	I try to force my partner to do something, usually with implied threat of punishment or repercussion if they refuse.
Annoying behavior	I use irritating habits or activities to infuriate, annoy upset or to get on my mate’s nerves.
Provoke	I intentionally aggravate, hassle, or irritate my partner.
Isolate	I shut down and go into seclusion.
Exaggerate	I make overstatements or enlarge my words beyond the truth. I make absolute statements like “You always...” or “You never...”
Tantrums	I have a fit of bad temper. I become irritable, crabby, grumpy, or aggressive.

Step 1: Circle all of the left column words that apply to the way you tend to REACT to conflict

Step 2: Draw a STAR next to the most significant 5 of those.

Denial	I refuse to admit the truth or reality. Sometimes I refuse to acknowledge that something is wrong at all.
Invalidate	I devalue my partner. I do not appreciate who he/she is, what he/she feels or thinks or does.
Ruminating thoughts	I replay the arguments over and over in my head. I can't stop thinking about it.
Independence	I become independent (separate from my partner) in my attitude, behaviors, and decision making.
Rehash history	I recast my earlier times together in a negative light. I recall previous disappointments and conflicts. I dredge up negative things that have happened in the past.
Defensiveness	Instead of listening, I defend myself by providing explanations and/or excuses for my actions.
Clinginess	I develop a strong emotional attachment or dependency on my partner. I hold tight to my mate.
Passive-aggressive behavior	I display negative emotions, resentment, and aggression in passive ways, such as procrastination, "forgetfulness", and stubbornness.
Avoidance	I get involved in activities to avoid my partner.
Care-take	I become responsible for others by giving physical or emotional care and support to the point that I am doing everything for my partner.
Pessimism	I become negative, distrustful, cynical, and skeptical in my view of my partner and relationship.
Act out	I engage in negative behaviors such as drug/alcohol abuse, extramarital affairs or flirting, excessive shopping, overeating, gambling, etc.
"Fix-It" mode	I focus almost exclusively on what is needed to solve or fix the problem.
Complain	I express unhappiness or make accusations.
Lash out	I lash out in anger and sometimes become verbally, emotionally, or physically aggressive or abusive.
Manipulation	I control, influence, or maneuver my partner for my own advantage.
Rage	I display strong feelings of displeasure or violent and uncontrolled emotions.
Catastrophize	I use dramatic, exaggerated expressions to depict that the relationship is in danger or that it has failed.
Pursue the truth	I become obsessed with determining what really happened or who is telling the truth.
Judge	I negatively criticize, evaluate, form an opinion, or conclude something about my partner.

Step 1: Circle all of the left column words that apply to the way you tend to REACT to conflict

Step 2: Draw a STAR next to the most significant 5 of those.

Selfishness	I become more concerned with myself and my own interests, feelings, needs and desires than those of my partner.
Lecture	I sermonize, talk down to, scold, or reprimand my mate.
Cross-complain	I meet my partner's complaint (or criticism) with an immediate complaint of my own, usually totally ignoring what my partner has said.
Whine	I express myself by using a childish, high-pitched tone and stress one syllable toward the end of the sentence.
Negative body language	I give a false smile, cross my arms over my chest, avoid touch, turn away from my partner, and refuse to connect physically in any way with my partner.
Humor	I use humor as a way of not dealing with the issue at hand.
Sarcasm	I use negative or hostile humor, hurtful words, belittling comments, cutting remarks, or demeaning statements.
Minimize	I assert that my partner is overreacting to an issue. I intentionally underestimate or downplay the issue of how he/she feels.
Rationalize	I attempt to make my actions seem reasonable. I try to attribute my behavior to credible motives. I try to provide believable reasons for my conduct.
Yes, but...	I start out agreeing ("yes" or "I understand") but end up disagreeing ("but..." or "however...")
Indifference	I become cold, smug, and show no concern for my partner or the relationship.
Dump on	I emotionally "vomit", unload, or dump on my partner.
Abdicate	I deflect responsibility and deny those of my own.
Self-depreicate	I run myself down or become very critical of myself.
Mind read	I make assumptions about my partner's private feelings, behaviors, or motives.
Repeat yourself	I repeat back my own position over and over again. I make it a point to overstress my opinion to make sure it is heard.
Right/Wrong	I argue about who is right and who is wrong. I debate whose position is the correct or right one.
Self abuse	I neglect myself. I may have (and possibly act on) thoughts of self-harm.
Stubborn	I will not budge from my position. I become inflexible or persistent.
Righteousness	I make it a moral issue or argue about issues of morality or righteousness.
Play dumb	I pretend not to understand or know what my mate is talking about.
Nag	I badger, pester, or harass my partner to do something that I want/need.