

Your Name: \_\_\_\_\_ ID \_\_\_\_\_ Date: \_\_\_\_\_

## Negative Sentiment Override

Fill this form out thinking about your immediate past (last 2 to 4 weeks), or a recent discussion of an existing relationship issue. Read each statement and fill in the appropriate TRUE or FALSE bubble.

### IN THE RECENT PAST IN MY RELATIONSHIP, GENERALLY:

	TRUE	FALSE
1. I felt hurt.	<input type="radio"/>	<input type="radio"/>
2. I felt misunderstood.	<input type="radio"/>	<input type="radio"/>
3. I thought, "I don't have to take this."	<input type="radio"/>	<input type="radio"/>
4. I felt innocent of blame for this problem.	<input type="radio"/>	<input type="radio"/>
5. I thought to myself, "Just get up and leave."	<input type="radio"/>	<input type="radio"/>
6. I was angry.	<input type="radio"/>	<input type="radio"/>
7. I felt disappointed.	<input type="radio"/>	<input type="radio"/>
8. I felt unjustly accused.	<input type="radio"/>	<input type="radio"/>
9. I thought, "My partner has no right to say those things."	<input type="radio"/>	<input type="radio"/>
10. I was frustrated.	<input type="radio"/>	<input type="radio"/>
11. I felt personally attacked.	<input type="radio"/>	<input type="radio"/>
12. I wanted to strike back.	<input type="radio"/>	<input type="radio"/>
13. I felt like I was warding off a barrage.	<input type="radio"/>	<input type="radio"/>
14. I felt like getting even.	<input type="radio"/>	<input type="radio"/>
15. I wanted to protect myself.	<input type="radio"/>	<input type="radio"/>
16. I took my partner's complaints as slights.	<input type="radio"/>	<input type="radio"/>
17. I felt like my partner was trying to control me.	<input type="radio"/>	<input type="radio"/>
18. I thought that my partner was very manipulative.	<input type="radio"/>	<input type="radio"/>
19. I felt unjustly criticized.	<input type="radio"/>	<input type="radio"/>
20. I wanted the negativity to just stop.	<input type="radio"/>	<input type="radio"/>