

Your Name: _____ ID _____ Date: _____

Harsh Startup

Read each statement and fill in the appropriate TRUE or FALSE bubble.

WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. My partner is often very critical of me.	<input type="radio"/>	<input type="radio"/>
2. I hate the way my partner raises an issue.	<input type="radio"/>	<input type="radio"/>
3. Arguments often seem to come out of nowhere.	<input type="radio"/>	<input type="radio"/>
4. Before I know it, we are in a fight.	<input type="radio"/>	<input type="radio"/>
5. When my partner complains, I feel picked on.	<input type="radio"/>	<input type="radio"/>
6. I seem to always get blamed for issues.	<input type="radio"/>	<input type="radio"/>
7. My partner is negative all out of proportion.	<input type="radio"/>	<input type="radio"/>
8. I feel I have to ward off personal attacks.	<input type="radio"/>	<input type="radio"/>
9. I often have to deny charges leveled against me.	<input type="radio"/>	<input type="radio"/>
10. My partner's feelings are too easily hurt.	<input type="radio"/>	<input type="radio"/>
11. What goes wrong is often not my responsibility.	<input type="radio"/>	<input type="radio"/>
12. My partner criticizes my personality.	<input type="radio"/>	<input type="radio"/>
13. Issues get raised in an insulting manner.	<input type="radio"/>	<input type="radio"/>
14. My partner will at times complain in a smug or superior way.	<input type="radio"/>	<input type="radio"/>
15. I have just about had it with all this negativity between us.	<input type="radio"/>	<input type="radio"/>
16. I feel basically disrespected when my partner complains.	<input type="radio"/>	<input type="radio"/>
17. I just want to leave the scene when complaints arise.	<input type="radio"/>	<input type="radio"/>
18. Our calm is suddenly shattered.	<input type="radio"/>	<input type="radio"/>
19. I find my partner's negativity unnerving and unsettling.	<input type="radio"/>	<input type="radio"/>
20. I think my partner can be totally irrational.	<input type="radio"/>	<input type="radio"/>