

Relationship Traps

Please rate as follows:

0-Does not apply

1- Rarely applies

2- Sometimes applies

3- Often applies

4- Always applies

- _____ 1. Reciting past grievances
- _____ 2. Disapproving / Criticizing
- _____ 3. Blaming / Self-justifying
- _____ 4. Making accusations
- _____ 5. Interrogating your partner
- _____ 6. Confusing the person with the deed
- _____ 7. Using a double standard
- _____ 8. Using vague terms
- _____ 9. Invalidating partner's perception
- _____ 10. Being inattentive
- _____ 11. Devaluing partner's accomplishments
- _____ 12. Universalizing: "never", "always"
- _____ 13. Giving unsolicited advice
- _____ 14. Abusing a confidence
- _____ 15. Getting even
- _____ 16. Making excuses
- _____ 17. Dishonesty
- _____ 18. Being jealous
- _____ 19. Not accepting responsibility
- _____ 20. Being overprotective
- _____ 21. Speaking for your partner
- _____ 22. Making unilateral decisions
- _____ 23. Complaining
- _____ 24. Mind reading
- _____ 25. Making negative predictions
- _____ 26. Allowing outside interferences