

Are you Walking on Eggshells?

A Self-Evaluation on Living with an Abusive or Angry Partner

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Am I anxious, nervous, or worried about my partner's:

1. Attitude
Never___ Sometimes___ Most of the Time___
2. Resentment
Never___ Sometimes___ Most of the Time___
3. Anger
Never___ Sometimes___ Most of the Time___
4. Sarcasm
Never___ Sometimes___ Most of the Time___
5. Criticism
Never___ Sometimes___ Most of the Time___
6. Glares
Never___ Sometimes___ Most of the Time___
7. Frowns
Never___ Sometimes___ Most of the Time___
8. Gestures (like finger pointing)
Never___ Sometimes___ Most of the Time___
9. Chilly Moods
Never___ Sometimes___ Most of the Time___
10. Cold Shoulders
Never___ Sometimes___ Most of the Time___
11. Stonewalling
Never___ Sometimes___ Most of the Time___
12. Do I edit my thoughts before I speak and second-guess my behavior before I do anything in fear that it might set him off or cause the silent treatment?
Never___ Sometimes___ Most of the Time___
13. Is he fine one minute and into a tirade the next, all seemingly over nothing or about the same thing over and over?
Never___ Sometimes___ Most of the Time___
14. Do I feel tense when I hear the door open or when he comes into the room? When I walk by him, do my shoulders tense until we get past one another?
Never___ Sometimes___ Most of the Time___
15. Do I think that if I just tried harder things might be all right?
Never___ Sometimes___ Most of the Time___
16. Do I feel that nothing that I do is good enough?
Never___ Sometimes___ Most of the Time___
17. Is my marriage in a cold standoff (disagreements are minimal but there's a chilly wall between us)?
Never___ Sometimes___ Most of the Time___
18. Are my defensiveness and other reactions to him on automatic pilot: they just seem to happen on their own?
Never___ Sometimes___ Most of the Time___
19. Do I hear myself making excuses for my spouse to our children?
Never___ Sometimes___ Most of the Time___
20. Does it feel like my sole responsibility to keep the waters calm in our household?
Never___ Sometimes___ Most of the Time___

Note: Total your Score using 0 for Never, 1 for Sometimes and 2 for Most of the Time. Scoring 25 or more is a problem and the higher above 25, the more we recommend professional help.