

Breaking Down Our Walls Couples

**What attitudes and behaviors may get in the way of you forming or maintaining quality relationships?**

 [ ]  Low self-esteem (including “false pride”)

 [ ]  Addictions, compulsions, illness (mental and physical)

 [ ]  Prioritizing work over relationships

 [ ]  Alienating or isolating tendencies

 [ ]  Super-independence from others

 [ ]  Overdependence on others or co-dependency (with addicts)

 [ ]  Worrying too much

 [ ]  Social anxiety or shyness

 [ ]  Feeling “different” from others

 [ ]  Fear of rejection, abandonment or being alone

 [ ]  Fear of failure

 [ ]  Fear of criticism, confrontation or anger

 [ ]  Oversensitivity (including defensiveness)

 [ ]  Excessive feelings of guilt

 [ ]  Martyrdom or “victim syndrome”

 [ ]  Frequently comparing self to others

 [ ]  Unrealistic expectations toward self or others

 [ ]  Perfectionism

 [ ]  Taking life or self too seriously, difficulty having fun

 [ ]  Chaotic or over flexible tendencies

 [ ]  Not being able to take things seriously enough

 [ ]  Procrastination or indecisiveness

 [ ]  Extreme loyalty to others

 [ ]  People-pleasing or approval-seeking tendencies

 [ ]  Non-assertiveness (passivity or passive-aggressiveness)

 [ ]  Ignoring or not expressing self and own needs and feelings

 [ ]  Caretaking or super-responsibility for others

 [ ]  Stereotyping people

 [ ]  Aggressiveness or resentment (holding grudges)

 [ ]  Jealousy or envy

 [ ]  Super-irresponsibility or not keeping agreements

 [ ]  Nondisclosure of self (including fear of “being found out”)

 [ ]  Dishonesty or manipulative tendencies

 [ ]  Avoidance of commitments (includes fear of feeling “trapped”)

 [ ]  Overuse of defense mechanisms (e.g., denial, blame)

Other: