

Turtles & Tigers

Instructions: Using + or - rate each item as it applies to you (when you feel threatened) and tally up the amount of +'s in each column.

TURTLES <i>(clams, possums, "minimizers")</i>	+ or -	TIGERS <i>(chimpanzees, hailstorms, "maximizers")</i>	+ or -
When I get upset i tend to . . .		When I get upset i tend to . . .	
♥ feel tight inside and not express my emotions		♥ express my feelings with a lot of energy	
♥ adopt an "I'll take care of myself/ I don't need anyone" attitude		♥ turn to others and talk to them about what I am going through	
♥ not be able to tell my partner why I'm upset		♥ tell my partner all about my upset	
♥ have very little needs		♥ need others around when I am upset and be very open with my feelings	
♥ exclude others from my personal space		♥ express my needs and try to get my partner to hear and to respond	
♥ withhold my feelings, thoughts, and/or behaviors		♥ feel responsible for making the relationship work and getting my partner to open up and talk	
♥ figure things out by myself		♥ be excessively generous	
♥ feel safer alone or in situations that are not intense		♥ get others input about what I should be doing to handle the situation	
TOTAL +		TOTAL +	

Although all of us express both the Turtle and the Tiger responses depending on the context, usually one is our main response and we usually function in opposition to our partners.