

# THE COUPLES CURE

## Miraculous Recovery for Couples on the Brink

### Criticism, Contempt, or Complaint Worksheet

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This worksheet will test your ability to discern criticism, contempt, and complaints (from John Gottman's *Why Marriages Succeed or Fail*).

1. I'm upset that you didn't pay the gas bill.
2. How can I ever trust you?
3. You are totally irresponsible.
4. You stupid jerk.
5. I should have known you'd do something like that.
6. You are just terrible with the kids.
7. When we don't go out together I feel like you take me for granted.
8. I wish that you'd touch me more and be more affectionate.
9. Don't interrupt!
10. You just never care about my feelings.
11. Leave it to you and you mess up our vacation plans.
12. Whose fault is it then?
13. Don't tell me you didn't know any better.
14. I'm sick to death of your behavior.
15. Have you got an attitude problem?
16. When you don't listen I feel unimportant.
17. I'm upset that you didn't clean up the dishes last night.
18. You are just like your mother!
19. How can you hurt me like this?

Answer Key:

1. Complaint
2. Criticism
3. Contempt
4. Contempt
5. Contempt
6. Criticism
7. Complaint
8. Complaint
9. Complaint
10. Criticism
11. Contempt
12. Criticism
13. Criticism
14. Criticism
15. Criticism
16. Complaint
17. Complaint
18. Contempt
19. Criticism