

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Self-Test for Criticism

1. I thought it was very important to determine who was at fault

You: Yes No Your Partner: Yes No

2. I saw it as my job to present all of my complaints.

You: Yes No Your Partner: Yes No

3. I tried to see patterns and analyze my partner's personality as part of my complaint.

You: Yes No Your Partner: Yes No

4. I didn't complain until I felt very hurt.

You: Yes No Your Partner: Yes No

5. I tried to make a general point instead of being specific about one situation.

You: Yes No Your Partner: Yes No

6. I analyzed my partners' personalities in addition to discussing specific actions that bothered me.

You: Yes No Your Partner: Yes No

7. I let things build up for a long time before I complained.

You: Yes No Your Partner: Yes No

8. I didn't censor my complaints at all. I really let my partner have it full force.

You: Yes No Your Partner: Yes No

9. When I complained my emotions were very intense and powerful.

You: Yes No Your Partner: Yes No

10. I complained in part to get things off my chest.

You: Yes No Your Partner: Yes No

11. I did not state my complaints in a neutral manner.

You: Yes No Your Partner: Yes No

12. I didn't try to be very rational when I stated what I thought was wrong.

You: Yes No Your Partner: Yes No

13. When I complained I felt explosive inside.

You: Yes No

Your Partner: Yes No

14. When I complained I brought up my partner's faults.

You: Yes No

Your Partner: Yes No

15. There's no stopping me once I get started

You: Yes No

Your Partner: Yes No

16. I resented having to bring up these issues in the first place.

You: Yes No

Your Partner: Yes No

17. I regret my tactless choice of words when I complained.

You: Yes No

Your Partner: Yes No

18. Whenever I bring up a problem I know I'm basically right.

You: Yes No

Your Partner: Yes No

19. Whenever I bring up a problem it is my goal to get my partner to see how I'm right.

You: Yes No

Your Partner: Yes No

20. It was my goal to get my partner to accept some blame for the problem.

You: Yes No

Your Partner: Yes No

21. When I complained I used phrases like "you always" or "you never."

You: Yes No

Your Partner: Yes No

Scoring: If you checked "yes" on more than seven items you are probably a good candidate for being a critic. Remember, criticism by itself is not malevolent—it's easy to shift from complaining to criticizing.