

Behavior Checklist

Behaviors (check all that apply to you)

- Complaining Directing Pushing Pointing out his/her mistakes
- Becoming Angry Physical Touch Insisting to make my point
- Poking and Prodding Blaming Saying he/she is the problem
- Expressing Frustration Pursuing Yelling Criticizing Threatening
- Telling how he/she needs to improve Trying to get his/her attention
- Expressing disapproval Pushing him/her to change (verbally or non-verbally)

Behaviors (check all that apply to you)

- Tuning out Detaching Disconnecting Reasoning Avoiding
- Shutting Down Leaving Getting busy Distracting Dismissing
- Stopping the Conversation Withdrawing Giving up Minimizing
- Pulling away Not Listening Numbing Defending Submitting
- Escaping Going away Distancing Turtling Refusing to engage
- Ignoring Excusing Being cold Protecting Turning away

Share your top 3 behaviors you do in your relationship dance with your partner. Then once your partner has also shared his/her top 3 behaviors, complete the exercise below together. Each of you will start with your own behaviors first, then include your partners behaviors. Your partner will do the same on his/her exercise sheet.

The more I 1) _____, 2) _____ and/or 3) _____, the more you
1) _____, 2) _____, and/or 3) _____ then the more I
1) _____ 2) _____ or 3) _____ and round and round we go.¹

¹ Johnson, S. (2008) Hold Me Tight: Seven Conversations for a Lifetime of Love. New York: Little, Brown and Company.