

DO YOU FIGHT FAIR?

Know yourself. Answer these questions honestly!

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|-----|----|-----------|---|
| Yes | No | Sometimes | 1. Do you say 'I'm sorry' before you are ready? |
| Yes | No | Sometimes | 2. Do you pretend your anger isn't important or laugh about it? |
| Yes | No | Sometimes | 3. Do you walk out, fall asleep, or not pay attention? |
| Yes | No | Sometimes | 4. Do you bring up secrets about the other person that you know will hurt them? |
| Yes | No | Sometimes | 5. When you feel cornered, do you bring up things that have little to do with why you are angry? |
| Yes | No | Sometimes | 6. Do you pretend to agree with an idea that you don't plan to go along with later on? |
| Yes | No | Sometimes | 7. Do you attack something that the other person feels very strongly or cares about, such as religion, relatives, friends etc.? |
| Yes | No | Sometimes | 8. Do you tell the other person what he or she is feeling? |
| Yes | No | Sometimes | 9. Do you hold back your love, gifts, compliments or privileges when you are mad? |
| Yes | No | Sometimes | 10. Do you get other people like relatives, friends or family members to take your side? |
| Yes | No | Sometimes | 11. Do you start an argument when you know that the other person is tired, upset, depressed or busy? |
| Yes | No | Sometimes | 12. Do you argue about things that aren't really important to avoid the real issue? |
| Yes | No | Sometimes | 13. Are you so determined to WIN that you don't really listen or look for a solution? |
| Yes | No | Sometimes | 14. Do you wait until little things become big problems before talking about them? |
| Yes | No | Sometimes | 15. Do you avoid disagreements at all costs? |
| Yes | No | Sometimes | 16. Do you bring up negative points and avoid giving positive reinforcement? |
| Yes | No | Sometimes | 17. Do you speak up when an issue is important to you? |
| Yes | No | Sometimes | 18. Do you expect others to know when you are angry and then to make the first moves to address it? |
| Yes | No | Sometimes | 19. Do you make vague requests and then get angry when they are not addressed? |
| Yes | No | Sometimes | 20. Do you blame others for your anger? (You made me feel angry) |

(Source unknown)