

# THE COMPLIANT POSITION

1. What are the ways I comply, (or "give in"), when someone attempts to control me or I want to avoid their anger when we have had an argument or they want something from me?

- I don't ask for what I want.
- I don't say anything.
- I say something is O.K. with me when it's really not O.K.
- I don't express my own opinion.
- I agree with whatever others say.
- I give up my own dreams and goals.
- I go along with whatever people want me to do.
- I give up what I want to do.
- I don't stand up for myself.
- I give away my power.
- I give up knowing what I want so I don't have to fear not getting it.
- I postpone talking about problems.
- I don't make waves.
- I do things to please others and get confused about what I want.
- I acquiesce.
- I take the "easy" way out.
- I censor what I say about what I want and how I feel.
- I rescue others while ignoring my own needs.
- I second-guess or anticipate what others want.
- I downplay my needs.
- I give in for now, thinking I won't have to next time.
- I tell myself that what I want isn't important.
- I tell myself that giving in is no big deal.

2. How do I feel when I protect this way?

- |                                    |                                     |  |
|------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Anxious   | <input type="checkbox"/> Scared     | <input type="checkbox"/> Tense, uptight    |
| <input type="checkbox"/> Unloving  | <input type="checkbox"/> Unlovable  | <input type="checkbox"/> Dead, shut down   |
| <input type="checkbox"/> Empty     | <input type="checkbox"/> Lonely     | <input type="checkbox"/> Hurt              |
| <input type="checkbox"/> Righteous | <input type="checkbox"/> One-up     | <input type="checkbox"/> "Poor me", victim |
| <input type="checkbox"/> Badly     | <input type="checkbox"/> One-down   | <input type="checkbox"/> Martyred          |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Upset             |
| <input type="checkbox"/> Wrong     | <input type="checkbox"/> Angry      | <input type="checkbox"/> Sullen            |
| <input type="checkbox"/> Hard      |                                     |  |

# THE REBELLIOUS OR INDIFFERENT POSITION

1. What are the ways I resist, rebel, passively get back, or withdraw when someone attempts to control me, in an argument, or when they want something from me?

- I say I'll do what he/she wants and then I don't do it.
- I do the opposite.
- I explain, defend, or get mad about why I shouldn't do it.
- I get critical and make the other person wrong for asking.
- I say I'll do it and then do something other than what the person wants.
- I say I'll do it and then forget, or fail to show up.
- I procrastinate.
- I act helpless.
- I get apathetic - no enthusiasm.
- I get sick.
- I give to animals or friends what my partner wants.
- I misunderstand, or am unable to understand.

I shut down or ignore the person with:

- |                                     |  |                                  |
|-------------------------------------|--|----------------------------------|
| <input type="checkbox"/> Work       | <input type="checkbox"/> TV            | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Drugs      | <input type="checkbox"/> Alcohol       | <input type="checkbox"/> Sports  |
| <input type="checkbox"/> Hobbies    | <input type="checkbox"/> Children      | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Illness    | <input type="checkbox"/> Food          | <input type="checkbox"/> Sleep   |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Story Telling |                                  |

(Fill in other ways you shut another out)

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2. How do I feel when I protect in this way?

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|------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Anxious   | <input type="checkbox"/> Scared     | <input type="checkbox"/> Tense, uptight    |
| <input type="checkbox"/> Unloving  | <input type="checkbox"/> Unlovable  | <input type="checkbox"/> Dead, shut down   |
| <input type="checkbox"/> Empty     | <input type="checkbox"/> Lonely     | <input type="checkbox"/> Hurt              |
| <input type="checkbox"/> Righteous | <input type="checkbox"/> One-up     | <input type="checkbox"/> "Poor me", victim |
| <input type="checkbox"/> Badly     | <input type="checkbox"/> One-down   | <input type="checkbox"/> Martyred          |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Upset             |
| <input type="checkbox"/> Wrong     | <input type="checkbox"/> Angry      | <input type="checkbox"/> Sullen            |
| <input type="checkbox"/> Hard      |                                     |  |

# THE CONTROLLING POSITION

1. How do I control in my relationships? Imagine a conflict that you have experienced with some one important to you. Check any of the behaviors below that you have used in the past to win an argument or get what you want from them.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Yelling                                      | <input type="checkbox"/> Annoyance                        | <input type="checkbox"/> Silent treatment                  |
| <input type="checkbox"/> Criticism                                    | <input type="checkbox"/> Raised eyebrows                  | <input type="checkbox"/> Disapproving looks                |
| <input type="checkbox"/> "Tsk, tsk"                                   | <input type="checkbox"/> Anger                            | <input type="checkbox"/> Acting intimidating               |
| <input type="checkbox"/> Shaking head                                 | <input type="checkbox"/> Explaining                       | <input type="checkbox"/> Shrugging shoulder                |
| <input type="checkbox"/> Irritation                                   | <input type="checkbox"/> Lecturing                        | <input type="checkbox"/> Blaming tears                     |
| <input type="checkbox"/> Accusing                                     | <input type="checkbox"/> Blaming                          | <input type="checkbox"/> "Poor me" tears                   |
| <input type="checkbox"/> Sarcasm                                      | <input type="checkbox"/> Complaining                      | <input type="checkbox"/> Put-downs                         |
| <input type="checkbox"/> Illness                                      | <input type="checkbox"/> Balling fists                    | <input type="checkbox"/> Telling feelings                  |
| <input type="checkbox"/> Sneaky                                       | <input type="checkbox"/> Justifying                       | <input type="checkbox"/> Superior attitude                 |
| <input type="checkbox"/> Lying  | <input type="checkbox"/> Judgmental                       | <input type="checkbox"/> Know-it-all                       |
| <input type="checkbox"/> False flattery<br>or compliments             | <input type="checkbox"/> "Nice guy"                       | <input type="checkbox"/> Temper tantrums                   |
| <input type="checkbox"/> Giving gifts<br>with strings<br>attached     | <input type="checkbox"/> Rage facial expression           | <input type="checkbox"/> Half truths                       |
| <input type="checkbox"/> Taking responsibility<br>for others feelings | <input type="checkbox"/> Throwing things                  | <input type="checkbox"/> Angry withdrawal                  |
|   | <input type="checkbox"/> Talking other<br>out of feelings | <input type="checkbox"/> Pushing the other<br>into therapy |
|   |   | <input type="checkbox"/> Hitting/Throwing things           |
- (Fill in other ways you control your relationships)
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Threats Of:

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Financial withdrawal | <input type="checkbox"/> Leaving  |
| <input type="checkbox"/> Emotional withdrawal | <input type="checkbox"/> Illness  |
| <input type="checkbox"/> Sexual withdrawal    | <input type="checkbox"/> Violence |
| <input type="checkbox"/> Exposure to others   | <input type="checkbox"/> Suicide  |

2. How do I feel when I am trying to control?

- |                                    |                                     |  |
|------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Anxious   | <input type="checkbox"/> Scared     | <input type="checkbox"/> Tense, uptight    |
| <input type="checkbox"/> Unloving  | <input type="checkbox"/> Unlovable  | <input type="checkbox"/> Dead, shut down   |
| <input type="checkbox"/> Empty     | <input type="checkbox"/> Lonely     | <input type="checkbox"/> Hurt              |
| <input type="checkbox"/> Righteous | <input type="checkbox"/> One-up     | <input type="checkbox"/> "Poor me", victim |
| <input type="checkbox"/> Martyred  | <input type="checkbox"/> One-down   | <input type="checkbox"/> Badly             |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Upset             |
| <input type="checkbox"/> Wrong     | <input type="checkbox"/> Hard       | <input type="checkbox"/> Sullen            |