

**SELF-TEST (THE FOUR HORSEMEN OF THE APOCALYPSE)**

- |   | Yes   | No    |
|---|-------|-------|
| 1. At times, during an argument, I think it is best just not to respond at all.                       | _____ | _____ |
| 2. During an argument I keep thinking of ways to retaliate.   | _____ | _____ |
| 3. During a hot argument I think, “It doesn’t matter what you say” and I stop listening.              | _____ | _____ |
| 4. During arguments, it is important to me to point out inaccuracies or explain my position.          | _____ | _____ |
| 5. I don’t get credit for all the positive things I do in our relationship.                           | _____ | _____ |
| 6. When my partner is upset, I think “I don’t have to take this kind of treatment.”                   | _____ | _____ |
| 7. When I see a glaring fault in my partner I can’t recall my partner’s positive qualities            | _____ | _____ |
| 8. I hate it when things in our discussions stop being rational.                                      | _____ | _____ |
| 9. My partner can be pretty stubborn, arrogant and smug at times                                      | _____ | _____ |
| 10. I let things build up for a long time before I complain. I don’t complain until I feel very hurt. | _____ | _____ |
| 11. I often feel a sense of righteous indignation when my partner is complaining.                     | _____ | _____ |
| 12. I only bring up problems if I know I’m right and want my partner to accept my point of view.      | _____ | _____ |
| 13. I point out patterns and analyze my partner’s personality as part of my complaints.               | _____ | _____ |
| 14. I think that it is best to withdraw to calm down, avoid a big fight and not get my feelings hurt. | _____ | _____ |
| 15. I withdraw when my partner’s emotions seem out of control.  | _____ | _____ |
| 16. In a disagreement, I think it’s important to determine who is at fault.                           | _____ | _____ |
| 17. In a discussion, I make general points instead of being specific about one situation or action.   | _____ | _____ |
| 18. In arguments I may be emotional, sarcastic, or call my partner names. Later, I regret this.       | _____ | _____ |
| 19. It’s hard for me to see my partner’s point of view when I don’t agree.                            | _____ | _____ |
| 20. When complaining to or about my partner, I use phrases like “you always” or “you never”.          | _____ | _____ |
| 21. My partner is too touchy and gets his/her feelings hurt too easily.                               | _____ | _____ |
| 22. To avoid blame, I have to explain why and how the problem arose                                   | _____ | _____ |
| 23. When my partner complains I feel like I just want to get away from there.                         | _____ | _____ |
| 24. When my partner complains, I have to control myself to keep from saying what I really feel.       | _____ | _____ |
| 25. When my partner complains, I realize that I also have complaints that need to be heard.           | _____ | _____ |
| 26. In arguments, sometimes my response is to sigh, or roll my eyes.                                  | _____ | _____ |

SCORE: Circle any numbers you said “yes” to.	Your total
Criticism: 4 10 12 13 16 17 20	
Contempt: 2 7 9 18 19 21 26	
Defensiveness: 2 3 4 5 11 21 22 25	
Stonewalling: 1 3 6 8 14 15 23 24	