

Behavior Awareness Checklist

Ask your significant other to assess their concerns of factors that he/she perceives to be “stumbling blocks” in your relationship. Place one check mark next to an item if it is present at a modest level. Place two check marks if it is present at a more consequential level.

Please note this is an informal inventory and is deliberately not weighted by a numeric or tally score. It is merely intended to enable you to identify the factors that need to be dealt with as stumbling blocks on the road to harmony and reconciliation in your relationship.

Feel free to add more items you believe should be listed as additional stumbling blocks.

- 1. Tone of voice
- 2. Blaming/accusing
- 3. Frequently finds fault
- 4. Brings up past hurts
- 5. Silent treatment
- 6. Yells, screams
- 7. Name calling/vile language
- 8. Derails; does not stick to topic at hand
- 9. Passive; non-participating in dealing with family concerns
- 10. Disagree on finances, budgeting, and expenditures
- 11. Disagree on child/teen discipline; behavior management issues
- 12. Lack of intimacy; closeness
- 13. Unresolved sexual issues
- 14. Commonality doing; enjoying mutually-satisfying things
- 15. Unresolved conflict issues with my/my partner's family
- 16. Feel unappreciated or respected
- 17. Being told how to dress; what to wear
- 18. Unresolved matters of religion/faith for one another/children
- 19. My feelings not acknowledged or respected
- 20. Feel constantly criticized and/or being corrected