

**Section 1, Part 1, Exercise # 1: Answer these questions**

1. Do your partner's needs take priority over yours? Joint resources go for him or her first; their job is more important than what you do; their opinion counts and yours does not; or their sexual needs take priority over yours? Do you give up your plans and preferences in favor of his? Does he always come first? Do their needs always trump yours?

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2. Is there routine (3 times a week or more) anger, hostility and criticism of you? It can be of your looks, what you wear, your sex appeal, the way you clean, the friends you choose, your family, the movies you like, your faith? Is there general disapproval of anything that differs from what he wants and believes?

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3. Do you keep trying to make him happy by complying to their wishes but they change so that what you did this week to make him happy may make him angry next week? You are always caught off guard about how to stop their anger and make a happy marriage? Nothing you do, in the long run, keeps him satisfied?

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4. Do you feel as if you are walking on eggshells all the time? You never know what will set him off. Your home does not feel like a safe place because of their outbursts and criticisms? Are you hesitant or even afraid to bring people home for long periods because he will get angry at you when they leave for things he says you did wrong or they did wrong?

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5. He may or may not share their thoughts and plans with you, but he definatly does not seem to care about what you think, what your plans are, how you feel? He only asks questions about your past so that he can torment you with your previous answers to their questions during arguments?

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6. Do you seldom share what you think now because if you do, he either takes the opposite view or puts down your beliefs as "stupid, irrational, immature, inexperienced, naive or "just like a woman?"

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7. When you try to talk to him about these things he either refuses, gets angry and blames you, tells you that you are crazy or imagining things, gives you the cold shoulder, or doesn't know what you are talking about?

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8. Does he rewrite history, denying he said what you heard, saying you said things you didn't, accusing you of evil motives against him, blaming you for the marriage troubles and you begin to believe that if you just could prove to him how much you love him and had their interests in mind, he would recognize your value?

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9. No matter how hard you try, you cannot explain things to him. Communication in the relationship is difficult. You can't get through to your partner. I have discovered that my inability to effectively communicate with an abusive partner is a bigger problem. Are you confused by your partner's responses because you can't seem to get him (or her) to understand why things bother you, that your intentions are good, not hurtful, that their (or her) behavior is discounting you but he/she won't understand...simple explanations always are twisted into evil motives?

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