

Toxic Relationships Checklist

Name: _____ Date: _____

- I have deep-seated feelings of unworthiness, guilt and shame
- I am easily used and exploited by others
- I sometimes think everybody else is more important than I am
- I believe the only way to get love is by catering to the needs of others at the expense of my own needs
- I have a very difficult time setting limits, expressing anger, or saying 'no'
- I sometimes draw cruel or abusive people into my life and become convinced that if I try hard enough I can get them to love me
- I find it difficult to trust
- I expect people to betray me or to hurt me
- I am uncomfortable with sex and sexuality
- I have learned to act as if things are okay when they are not
- I avoid conflict at all costs
- I sometimes believe that I don't deserve success, happiness, or a good relationship
- I have a difficult time being playful or spontaneous
- I feel that I never had a childhood
- I sometimes feel angry at my own children and resent the fact that they have it better than I did
- I wonder what it would be like to be 'normal'
- Solving other people's problems is the most important thing in my life; even if I have to sacrifice my own needs to do it
- My emotional wellbeing depends on the emotions of my family/spouse/partner
- I protect my spouse/partner or family members from the consequences of their behavior
- I try very hard to get people to do things my way
- I don't pay any attention to how I feel or what I want; I only care about how others feel and what they want
- I will do almost anything to avoid rejection
- I will do almost anything to avoid making others angry
- I experience more passion from 'stormy' relationships than from relationships that are calm and emotionally stable
- I am a perfectionist
- I tend to blame myself for everything that goes wrong
- I feel angry, unappreciated, and used most of the time
- I often pretend everything is fine when it isn't
- The struggle to get others to love me dominates my life