**Harsh Start-Up Questionnaire**

**Instructions:** To get a sense of whether harsh start-up is a problem in your relationship answer the following questions. Read each statement and circle T for true or F for false.

**When we begin to discuss our relationship issues:**

1. My partner is often very critical of me T F
2. I hate the way my partner raises an issue T F
3. Arguments often seem to come out of nowhere T F
4. Before I know it, we are in a fight T F
5. When my partner complains, I feel picked on T F
6. I seem to always get blamed for issues T F
7. My partner is negative all out of proportion T F
8. I feel I have to ward off personal attacks T F
9. I often have to deny charges leveled against me T F
10. My partner’s feelings are too easily hurt T F
11. What goes wrong is often not my responsibility T F
12. My spouse criticizes my personality T F
13. Issues get raised in an insulting manner T F
14. My partner will at times complain in a smug or superior way T F
15. I have just about had it with all this negativity between us T F
16. I feel basically disrespected when my partner complains T F
17. I just want to leave the scene when complaints arise T F
18. Our calm is suddenly shattered T F
19. I find my partner’s negativity unnerving and unsettling T F
20. I think my partner can be totally irrational T F

 **Total True Answers:**

**Scoring:** Give yourself 1 point for each true answer

**Below 5:** This is an area of strength in your relationship. You and your partner initiate difficult discussions without being overly critical.

**5 or higher:** Your relationship tends to struggle in this area.