

Questions - Stressful emotion around Personal Relationships

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES then move onto the next question

If you answer NO and you feel any discomfort, then do self EmRes – Close your eyes

Angry/frustrated/annoyed

Do you become annoyed, frustrated or direct anger towards a spouse, partner, child, boss, co-worker, religious or political group, organization?

Do you become frustrated when caring for or communicating with a parent?

Do you feel frustrated that you are not heard, understood, recognized, or valued?

Do you feel angry/frustrated about taking on other’s responsibilities?

Do you argue or have conflict with a particular person?

Do you feel angry/frustrated about having to rescue, fix, or do more in a relationship?

Inhibition

Do you feel stuck or held back by a partner, spouse, family member?

Do you feel taking care of everyone else limits your moving forward?

Do you feel that a past decision or event is holding back your current relationship?

Do you find it difficult to trust others due to an experience?

Do you feel inhibited or restricted with intimacy and connection?

Do you find it difficult to forgive yourself or others.

Do you feel taken for granted and not appreciated?

Do you feel you are not a good enough at work, mother, sister, friend?

What are you holding onto and how does that make you feel?

Avoidance

Do you avoid certain conversations with a spouse, partner, family member, boss, or friend.

Do you avoid certain people or personality types?

Do you avoid or procrastinate in messaging, texts or phone calls based on the subject of discussion?

Do you avoid conversations or decisions regarding finances, budget, spending habits.

Do you avoid social situations, groups, events, meeting new people?

Do you avoid conflict by agreeing with others, not speaking up, or being able to say, “No!”

Do you control your behavior or physical appearance in order to avoid judgement or criticism from others?

Attempting to Control

Do you act or take non-action to ensure everyone is happy?

Do you feel an obligation to visit or do something for another person when you don't want to?

Do you need to do a certain activity to relax and be with your partner, spouse, family members?

Do you attempt to "keep the peace" at home, work, groups to prevent conflict or to not upset others.

Do you have a strict routine, regimen, or self-imposed restrictions related to food, exercise?

Do you attempt to be a perfectionist or "not be a problem" to reduce other's stress levels, "keep them happy," or keep a person from relapse?

Do you control your behavior or appearance in order to avoid judgement?