

## **Relational Styles**

From *How We Love* by Milan & Kay Yerkovich

### **Avoiders**

I tend to be private and self-sufficient

I am usually “fine” and tend to resist connection and affection, and am not very affectionate towards others

I have few emotions

Sometimes I comply to avoid arguments

I generally don't ask for any sort of emotional investment or commitment from people

I minimize and resist expressions of anger in others and myself, yet I do get angry when people try to get too close

I'm usually happier when others are happy and don't want a lot from me

I'm a task-oriented high achiever

I prefer to do something for someone or give gifts rather than connect emotionally

I've felt resentment toward my spouse for wanting something more from me

I'm tired of hearing how distant I am

I don't really think about my own feelings and needs very often

## **Pleasers**

People know me as "the good kid"

I struggle with fear of rejection or criticism

Sometimes I seek deeper connection by working to meet others' needs  
I have needs but they are not as big as most people's

At times, I have difficulty tolerating physical or emotional distance from  
my spouse

I prefer to deal with conflict by making up for it quickly and moving on

I can be very jealous, though I rarely show it

I have difficulty saying no and sometimes it makes me less than truthful

I generally don't feel angry, or if I do, I try to think about something else  
to get rid of it

Sometimes I resent giving more than I get and feel like a doormat

I don't often ask for help and feel uncomfortable when others try to give  
me assistance

## **Vacillators**

I've always been especially sensitive

I desire deep, passionate connection with my spouse but never seem to  
get it

I've had a history of idealizing others early on in relationships

I easily feel disappointed, rejected, or unwanted

I sometimes become angry when my expectations are not met

I can feel betrayed, abandoned when others are not emotionally available

I experience internal conflict and a high level of emotional stress in relationships

My own conflicted responses sometimes confuse even me

Others have said they feel like they are walking on eggshells around me

I have difficulty accepting the weakness of others

I usually feel angry instead of sad over disappointment with others

I have difficulty being willing to reengage when anger blocks out other emotions

I tend to reflect more on how others have hurt me than on my own shortcomings

### **Controllers**

Growing up, I experienced a great deal of intense anger and stress from a parent or spouse

I'm used to chaos at home

I've learned to protect myself through aggression

I don't like to consider the alternatives if I weren't so dominant

I tend not to think about the past and stay busy with the present

My spouse couldn't survive without me

Our relationship problems are usually my spouse's fault

I rarely feel any emotion except anger and sometimes guilt if my anger has gone too far

Things would go more smoothly if my spouse listened to me and did the things I ask

My spouse purposely makes me jealous

I get angry when others don't listen

I have few feelings about my childhood except I'm glad it's over because I wouldn't go back

### **Victims**

Growing up, I experienced a great deal of intense anger & stress from a parent or parents

I'm used to chaos at home

I've learned to protect myself through passivity

I don't like to consider alternative if I weren't quiet and submissive

I don't often assert myself

Relationship problems are usually my own fault

I try very hard to keep my mate happy, but it doesn't always work

At times I'm honestly scared of my spouse

I'm resentful and angry but try not to focus on it

I feel trapped and hopeless most of the time

No one really know me or what goes on in my marriage

My spouse is much nicer to friends than to me