

Messy Questionnaire For Men

Please check all that apply. Be Honest!

During emotionally intense conversations with my partner I experience:

- ☐ A sense of increasing confusion
- ☐ Frightened and overwhelmed
- ☐ Feeling cornered
- ☐ Feel like fighting or physically expressing emotions, but can't because she is a woman
- ☐ Disconnected from my partner
- ☐ Disconnected from my normal sense of reality
- ☐ Disconnected from my body
- ☐ Disconnected from the world around you.
- ☐ Emotionally numb or detached.
- ☐ Mind becomes foggy and hard to form thoughts
- ☐ Can't remember what I was going to say, but remember after the disagreement
- ☐ Problems with what the "right" thing is to say
- ☐ Memory problems:
forgetting what was just said/recalling details from past events.
- ☐ Problems formulating thoughts
- ☐ Hard finding words and putting sentences together
- ☐ Difficulty concentrating
- ☐ Decreased processing speed
- ☐ Feeling compelled to behave in a certain way that is contrary to how I would prefer to react just to get out of the discussion/argument
- ☐ Just saying the things I know she wants to hear to end the discussion
- ☐ Behaving in a way that I would normally find inappropriate or offensive.
- ☐ Just wanting the conversation to end
- ☐ Afraid that no matter what I do or say that it is just going to make things worse
- ☐ Feel responsible for her emotions, but don't know how to get her to lower them
- ☐ Feel incompetent and ineffective