

## **Messy Questionnaire For Women**

*Please check all that apply. Be Honest!*

**During emotionally intense conversations with my partner I experience:**

- Him checking out or numbing out
- Him wanting to keep things on a logical level
- Him just trying to fix things
- Not appearing as himself during calmer conversations
- Him not making as much sense as usual
- Him wanting to leave or escape
- Him shutting down for a period and then exploding or leaving
- Him just “giving up”
- Him with a dazed look or flat expression on his face
- Him becoming flat and non-emotional
- He is taking me less serious than usual
- He just doesn't seem to listen or to retain what I had just said
- Him regularly misinterpreting what I are saying
- Him not being fully honest with me about his thoughts or feelings
- He gets overly quiet
- He tends to only express feelings of anger and frustration
- Feel that he is not present and/or emotionally leaving me
- Feel abandoned, rejected and/or disconnected from him
- Feel not being taken seriously by him
- Don't feel heard or listened to by him
- Feel stonewalled by him
- Feel like he is just saying things to please me to just end the conversation
- Feel like he is just trying to say the “right thing” rather than what he really thinks/feels
- Having to guess what he is thinking since he isn't openly communicating