

## **MESSY and FUSSY Questionnaires**

***These are questionnaires that I created to go along with my upcoming blog article "Why Men Messy and Women are Fussy." The questionnaires are below.***

***Messy stands for Male Emotional Sensitivity Syndrome and Fussy stands for Female Ultra-emotional Sensitive Syndrome. The blog addresses, from an evolutionary/bio-neurological perspective, why relationship communication commonly breaks down due to men getting overwhelmed and checking out during emotional conversations. As well as, how women unknowingly contribute to this breakdown because of their misinterpretation of what is happening to men. In summary, men's nervous systems are not geared to hold high interpersonal emotion and that once this threshold is surpassed, men go into a low grade level of freeze/shock/dissociation that women misinterpret as he doesn't care, he is not listening to me, and/or he is not taking me seriously. Which in turn gets women to add emotion to draw the man in and/or be taken seriously, but tends to create the exact opposite. For men, it is like trying to save a drowning person by giving them a lead life jacket and it just pulls them deeper into this frozen state. I believe that this is one of primary causative factors of destructive arguments, breakups, and domestic violence.***



***I encourage both partners to answer them independently and then to discuss the results together and have an open discussion about their answers. I suggest asking curious questions and don't focus on right or wrong as much as understanding that the other is telling you their truth about their experience. I also encourage you to read my article at: <https://www.davidcummins.net/blog>***

***Feel free to email me your thoughts on why women and men have such a difficult time communicating related to this dynamic.***

## **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**

## **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