

Are You Stuck with a Difficult Spouse?



- When my partner makes a mistake, they overreact, either exaggerating their guilt or searching for excuses to absolve themselves of any blame.
- My partner forgets important dates, such as anniversaries or birthdays.
- In social gatherings, my partner ignores me but does their best to impress other people, especially those they are attracted to.
- My partner finds it almost impossible to say, “I’m sorry”.
- My partner expects me to have sex when they want to, giving little thought to my needs for foreplay, romance or intimacy.
- My partner goes out of their way to help their friends but fails to do the little things I ask them to do.
- My partner shows concern for me and my problems and feelings only after I’ve complained about my problems and feelings being ignored.
- My partner initiates an activity or outing only if it’s something they want to do.
- My partner seems to find it extremely difficult to express their feelings.
- My partner yearns to be close to one or both parents. Yet they never talk with them about anything else other than vague or superficial things.
- My partner doesn’t listen well to opinions that differ from their own.

- My partner has uncalled-for flashes of rage during which they refuse to calm down.
- My partner is intimidated by the wishes and demands of one or both of their parents to the point that I get upset about their demanding behavior.
- My partner feels their skills are being wasted in their job. Yet they fail to do anything about it except complain.
- My partner is devoid of sincerity and warmth in relating to other people.
- My partner has a problem with anger or rage.
- My partner gets defensive or always has an excuse for why they didn’t do what they said they were going to do.
- When my partner drinks, their personality seems to change a lot. They have a temper, act extremely self-confident or unrealistically happy.
- My partner feels that they must not miss any fun or event with one or more of their children.
- My partner has old-fashioned beliefs that I should be the only one of us that just “stays at home and cleans” or “works and earns an income”.
- My partner has unexplained fears and lacks self-confidence, yet refuses to talk about it.
- My partner accuses me of getting too emotional. Yet when I get angry, my partner just sits there like a stone.