

Ineffective Behaviors Partners Use to Cope

- Blame
- Always be right
- Defensive
- Name calling
- Pout
- Sulk
- Get impatient
- Withdraw
- Attack
- Deny
- Lie
- Intimidate
- Get stubborn
- Keep Secrets
- Use contempt
- Belittle
- Manipulate
- Involve the kids in arguments
- Dominate
- Diagnose
- Provoke guilt
- Escape to work
- Shame my partner
- Stonewall
- Interrupt
- Make fun of
- Nag
- Sarcasm
- Be condescending
- Yell to drown each other out
- Compete
- Be judgmental
- Bring up old issues
- Talk about other's (family) relations
- Leave, walk out without taking a time out
- Close minded
- Tell what partner feels
- Reject
- Use the silent treatment
- Change subject
- Distract
- Put down
- Dismiss partner
- Criticize