



## The High-Maintenance Self-Test

*Are you involved in a high-maintenance relationship?*

*By answering these questions, you can assess whether you are in a high-maintenance relationship in your small group. Take as much time as needed. Answer each item carefully and honestly.*

- Y N** Have you recently been dealing with a relationship that drains you of enthusiasm and energy?
- Y N** Do you sometimes dread having to see or talk to a particular person in your small group?
- Y N** Do you ever have imaginary conversations with this person, or arguments in your mind where you defend yourself or try to explain your side of a conflict?
- Y N** Do you have a relationship in your group to which you give more than you get in return?
- Y N** Do you find yourself second-guessing your own performance as a result of an interaction with an individual?
- Y N** Do you ever feel especially anxious when a particular person from your group has called and left a message for you to return the call?
- Y N** Do you ever become more self-critical in the presence of a particular person in your group?
- Y N** Is your creativity blocked, or is your clarity of mind hampered somewhat by the lingering discomfort of having to deal with a difficult person?
- Y N** Do you ever notice that you are trying to calm yourself down after being with a particular person in your group by eating more, by biting your nails, or some other unhealthy habit?
- Y N** Have you become more susceptible to colds, stomach problems, or muscle tension since having to deal with this difficult person?
- Y N** Do you ever feel resentful that this person seems to treat other people in the group better than she or he treats you?
- Y N** Do you sometimes find yourself wondering why you are singled out for criticism while at the same time this individual rarely, if ever, acknowledges things you do well?
- Y N** Have you thought about quitting the group as a result of having to interact with a difficult person?
- Y N** Have you noticed that you are more irritable or impatient with people you care about because of leftover frustrations from your situation with this difficult person?
- Y N** Are you feeling discouraged that this person has continued to drain you of energy despite your efforts to improve the relationship during the group meetings?

*Scoring:* Total the number of Yes answers. Out of these 15 statements, if you answered yes to 10 or more of them, you are, without a doubt, in a high-maintenance relationship.

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