

When in fear or hostility, the particular tactic/behavior, the general pseudo-solution(s) identified below, that I do that I/others don't like are...

**Check the boxes** that relate to behaviors you do.

**Fill in the boxes** next to behaviors that you deem addictions.

**Circle** the tactics you have observed your Power Person do.

**Underline** the behaviours your partner says you do.

1.  Deny/blame/dissociate/project 2.  Disassociate  Yell  Scream  Use "the voice"
  3.  Be cute  Coy 4.  Distract 5.  Gaslight 6.  Lie 7.  Be Insincere  Deceptive
  8.  False religiosity 9.  Criticize —  Self  Others 10. Degrade —  Self  Others
  11.  Be covert - Convey a different message with my voice tone than with my words.
  12.  Leave  Escape  Run away  Go numb 13.  Greed 14.  Become self absorbed
  15.  False pride 16.  Turn to entertainment 17.  Need to be Right 18.  Make excuses
  - 19  Avoid emotions by:  Staying in my head  Intellectualizing  Unwilling to look within
  20.  Dish out a daily dose of disapproval of  self  others 21.  Be unfair  Unkind
  22.  Envy 23.  Cheat  Attack  Destroy  Get even  Vengeance 24.  Steal
  25.  OCD/(becomes an OCBlessing w/Forgiveness ) 26.  Defensiveness - taking a position
  27.  Puff self up  Rage  Threaten  Pressure  Intimidate  Use sarcasm
  28.  Become controlling:  Have a Tantrum  Go silent  Withdraw  Run  Hide
  29.  Become abusive:  Physically  Emotionally  Verbally 30.  Become boisterous
  31.  Punish/harm:  Others  Self,  Fantasize punishment/harm 32.  Become a pleaser
  33.  Self terrorizing thoughts 34.  Terrorizing others with my thoughts/words/actions
  35.  Judge Self  Others 36.  Make up stories/lies about:  Others  Self — to block truth
  37.  Never apologize 38.  Violent:  Thoughts  Behavior  "Entertainment"
  39.  Never own / admit the truth 41.  Give in  Give up  Take the easy way
  40.  Never show weakness  Be vulnerable 41.  Rage 42.  Food 43.  Sugar
  44.  Alcohol 45.  Legal drugs 46.  Illegal drugs 47.  Busyness to keep from looking
  48.  Exercise 49.  Spending/shopping 50.  Sex 51.  Promiscuity 52.  Pornography
  53.  Seduction 54.  Reading 55.  Criminality 56.  Laziness 57.  Games 58.  TV
  59.  Electronics 60.  Social media 61.  Violence 62  Tell my story 63.  Irritation
  64.  Spiritual rituals 65.  Criticize: Self  Others 66.  Excess cleaning
  67.  Meditation ("transcend" above issue) 68.  Frustration 69.  Gossip/complaining
  70.  Workshop groupie  Diversion/Distraction/Escapism/Leaving/Running away
  71.  Fear based concern about  Others  Children  Self  Parents  The world
  72.  Lack of Trust/Separate your life into pieces 73.  Obfuscation  Create confusion
  74.  Play victim  Drama queen/king  Stories and/or distractions — to create avoidance
  75.  Turn to a fantasy - Make up "facts" to justify my conclusion to make it believable to me/others. OR Detail any other tactics you have caught yourself engaging in:
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