

# Are Your Fangs Showing?

## *A Self-Evaluation on Being an Abusive and Angry Partner*

By Dr. Dave Currie & Christie Rayburn

1. Do you find yourself carrying an edge of resentment?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
2. Do you have periods of time where you feel sad and lonely?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
3. Do you have the tendency to get angry in traffic, slamming the wheel or hitting the horn?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
4. Do you have trouble sleeping (too little sleep or too much sleep)?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
5. Do you convey an emotional chill, closing yourself off from your loved ones?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
6. Do your moods seem to bounce all over the place?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
7. Have there been times of pointing at, poking, pushing or overpowering your mate?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
8. Does your family get quiet when you enter the room?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
9. Do you find yourself feeling restless?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
10. Are you drawn to isolation (pulling away from spouse, family and other friends)?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
11. Are there times you blow-up with your spouse or family members?  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_

### Feelings towards your partner:

12. Discouraging them from friendships  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
13. Wanting them to tell you their every move  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
14. Tired of hearing I have the problem  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
15. "It's your fault" - Blame always comes back to them  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
16. Desire to spy - Look for chances to read e-mails, listen to calls, etc.  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
17. Jealousy  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
18. Easy to hurt their feelings  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
19. "They make me not like myself!"  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_
20. "They can make me so angry!"  
Never\_\_\_ Sometimes\_\_\_ Most of the Time\_\_\_

Note: Total your Score using 0 for Never, 1 for Sometimes and 2 for Most of the Time. Scoring 25 or more is a problem and the higher above 25, the more we recommend professional help.

*Adapted from Dr. Steven Stosny  
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