

Ineffective Behaviors Partners Use to Cope

Blame	Attack
Always have to be right	Comply
Defend	Lie
Namecalling	Get stubborn
Pout	Use contempt
Sulk	Bring in the kids
Withdraw	Abuse drugs
Drink too much	Provoke guilt
Deny	Shame my partner
Intimidate	Interrupt
Keep secrets	Nag
Belittle	Be condescending
Dominate	Compete
Diagnose	Bring up old issues
Escape to work	Micromanage
Stonewall	Cry
Make fun of	Close Mind
Sarcasm	Reject
Yell to drown each other out	Change Subject
Be judgmental	Distract
Talk about other's (family) relations	Put down
Leave	Dismiss partner
Walk out without taking a time out	Criticize
Tell what partner feels	Manipulate
Use the silent treatment	Interrupt
Get impatient	