Relationship Factors That Induce Depression

Download this worksheet at prescriptionswithoutpills.com.

WITHDRAWAL	YES	NO
Your partner has withdrawn emotionally or sexually.		
You have withdrawn emotionally or sexually.		
DOMINANCE		
You feel dominated.		
You dominate your partner.		
CRITICAL OR CONTEMPTUOUS VOICE		
Your partner speaks to you in a way that sounds critical or contemptuous.		
You speak to your partner in a way that sounds critical or contemptuous.		
ARGUMENTS		
Your partner often argues with you.		
You often argue with you partner.		
ANGRY VOICE		
Your partner expresses anger too often or too intensely.		
You express anger too often or too intensely.		
BOSSY ATTITUDE		
Your partner often tells you what to do.		
You too often tell your partner what to do.		
LISTENING		
Your partner doesn't listen to you.		
You don't listen to your partner.		
ALWAYS RIGHT		
Your partner always needs to be right. Either I'm right or you're wrong.		
You are the one who is always right. You are right or else your partner is wrong.		
DEPRESSION		
Your partner is depressed.		
You are depressed.		
SHARING RESPONSIBILITY		
Your partner doesn't do his/her responsibilities in the partnership.		
You don't do your responsibilities in the partnership.		
SUBMISSIVE HABITS		
Your partner has submissive habits and beliefs.		
You have submissive habits and beliefs.		