

## Self-Test: Flooding

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| 1. At times, when my partner gets angry I get confused.                       | Yes | No |
| 2. Our discussions get far too heated.  | Yes | No |
| 3. I have a hard time calming down when we discuss disagreements.             | Yes | No |
| 4. I'm worried that I am going to say something I'll regret.                  | Yes | No |
| 5. I get far more upset than is necessary.                                    | Yes | No |
| 6. After a fight I want to keep away for a while.                             | Yes | No |
| 7. There's no need to raise my voice the way I do in a discussion.            | Yes | No |
| 8. It really is overwhelming when an argument gets going.                     | Yes | No |
| 9. I can't think straight when my partner gets negative.                      | Yes | No |
| 10. I think, "Why can't we talk things out logically?"                        | Yes | No |
| 11. My negative moods come out of nowhere.                                    | Yes | No |
| 12. When my temper gets going there is no stopping it.                        | Yes | No |
| 13. I feel cold and empty after one of our fights.                            | Yes | No |
| 14. When there is so much negativity, I have difficulty focusing my thoughts. | Yes | No |
| 15. Small issues suddenly become big ones for no apparent reason.             | Yes | No |
| 16. I can never seem to soothe myself after a fight.                          | Yes | No |
| 17. Sometimes I think my moods are just crazy.                                | Yes | No |
| 18. Things get out of hand quickly in our discussions.                        | Yes | No |
| 19. My feelings are very easily hurt.   | Yes | No |

***If you answered "yes" to more than eight statements this is a strong sign that you are prone to flooding during conflict.***