

Fight vs. Flight Worksheet

Use this worksheet to help you figure out how you respond during fights with your spouse. Circle the ones that describe you better.

The side with more circles is probably the way that you are wired to respond to disconnection from your spouse.

Which do you relate to better?

Fight

Flight

I'm usually the one to bring up issues with my spouse	I'd rather not talk about problems in the marriage
I have a tendency to nag	I physically remove myself or shut down and give no response when I get criticized
I have an impulse to "poke" my spouse during arguments to get a response	I feel like I'm being attacked by my spouse during arguments
I like to try to talk out issues	I feel attacked when we talk about problems in our marriage
I hate feeling like I'm not connected with my spouse	I hate feeling like my spouse doesn't approve of me
I'd rather have an angry response than no response at all	I really hate having my spouse angry at me