

## 12 Attitudes that Inhibit Harmony in Relationships

### Circle type of Response

Conflict Phobia (also called anger phobia)	"People with good relationships don't fight. Conflict is dangerous and should be avoided"	Passive Passive Aggressive Aggressive Assertive
Disclosure Phobia	"It is unwise to let others know how I feel."	Passive Passive Aggressive Aggressive Assertive
Emotophobia	"I shouldn't feel angry," (or upset, etc.)	Passive Passive Aggressive Aggressive Assertive
Emotional Perfectionism	"I should always feel happy and loving." "I should always be in control of my emotions."	Passive Passive Aggressive Aggressive Assertive
Fear of Disapproval	"I must always try to please everyone and meet their expectations."	Passive Passive Aggressive Aggressive Assertive
Fear of Rejection or being alone	If I tell you how I feel, our relationship will fall apart and I'll end up alone."	Passive Passive Aggressive Aggressive Assertive
Fear of Retaliation	"If I tell you how I feel, you will punish me. You're fragile and can't tolerate criticism."	Passive Passive Aggressive Aggressive Assertive
Hopelessness	"You'll never change; there's no point in trying. I've tried everything and nothing works."	Passive Passive Aggressive Aggressive Assertive

Pride	"I'm above feeling angry," or "It's too painful to admit that I'm a part of the problem."	Passive Passive Aggressive Aggressive Assertive
Helping	"I must help you if you are feeling upset."	Passive Passive Aggressive Aggressive Assertive
Passive Aggressive	"I will punish you with silence. I will get back at you indirectly and insist I am innocent."	Passive Passive Aggressive Aggressive Assertive
Mind-Reading	"You should know what I want and how I feel without my having to talk about it."	Passive Passive Aggressive Aggressive Assertive

Ticket 12 Attitudes that interfere with communication

Welcomed