

WALKING ON EGGSHELLS ASSESSMENT

1. I think (or used to think) if I just tried harder things might be all right.

Never or occasionally (0) Some of the time (5) Often or always (10)

2. It feels like *nothing* I do is good enough.

Never or occasionally (0) Some of the time (5) Often or always (10)

3. I feel (or used to feel) guilty and like it's my fault when my partner becomes irritated or resentful with me.

Never or occasionally (0) Some of the time (5) Often or always (10)

4. Our relationship is like a stand-off. We have few arguments, but there is a chilly wall between us.

Never or occasionally (0) Some of the time (5) Often or always (10)

5. My partner seems to be fine one minute and then in a rage the next, all over something that seems to be small, or else the same thing over and over.

Never or occasionally (0) Some of the time (5) Often or always (10)

6. When my partner becomes angry or gets in a mood, I become anxious, nervous or worried.

Never or occasionally (0) Some of the time (5) Often or always (10)

7. When my partner is sarcastic or critical, or glares or gestures at me angrily (eg poking his finger or raising his hand or fist at me), I become anxious, nervous or worried.

Never or occasionally (0) Some of the time (5) Often or always (10)

8. I become anxious, nervous or worried when I disagree with my partner.

Never or occasionally (0) Some of the time (5) Often or always (10)

9. When my partner gives me the cold shoulder or stonewalls, I become anxious, nervous or worried.

Never or occasionally (0) Some of the time (5) Often or always (10)

10. When my partner comes near me or walks past me, I'm tense until we've passed each other.

Never or occasionally (0) Some of the time (5) Often or always (10)

11. I feel tense when I hear the door open or when my partner comes into the room.

Never or occasionally (0) Some of the time (5) Often or always (10)

12. I watch my thoughts or behaviour before I speak or act in fear of "setting my partner off", or causing him to stonewall or give me the cold shoulder.

Never or occasionally (0) Some of the time (5) Often or always (10)

13. My defensiveness (self-protection) around my partner is automatic.

Never or occasionally (0) Some of the time (5) Often or always (10)

14. I frequently have headaches, muscle tension or a 'nervous' stomach that is not related to illness or over-exertion.

Never or occasionally (0) Some of the time (5) Often or always (10)

Walking on Eggshells Score Interpretations

This questionnaire is just one way of assessing your relationship. The scores below are a rough guide only to the seriousness or otherwise of your situation. If you have any concerns at all about your safety, or the safety of your children or pets, please get some help to support you if you decide to leave your relationship.

0–15: Congratulations, you are not walking on eggshells. The problems in your relationship do not seem to produce the chronic tension and self-doubt that can lead to poor emotional and physical health.

>15-50: This is a relationship where you can't be relaxed and yourself. The tension may start to affect your emotional and physical wellbeing. If you and your partner don't want the relationship to end, you may find that counselling will help.

>50-90: Your partner is deliberately or otherwise in charge of this relationship, using blow-ups, put-downs, criticism, disgusted looks, sighs of disapproval, or cold shoulders to control or manipulate what you say and do. Your emotional and physical wellbeing is bound to suffer in this relationship. There also may be some concern about a possible risk to your safety at the hands of your partner, either now or in the future. If you and your partner don't want the relationship to end, counselling is probably essential, and the counsellor should have a thorough understanding of the dynamics of partner violence in relationships.

>90-140: A score at this level is definitely of concern. If you are uncertain about what your partner might do to you, it is time for you to assess whether or not this relationship can be turned around. If you are seriously worried about your safety, get help if you decide to leave your partner.