

When someone hurts me, I (check one or more):

- want to fight.
- sulk.
- take it out on others.
- withdraw.
- talk about the person behind his (or her) back.
- get back at the person about the want to make up with the person about the talk frankly with the person about to hurt.

It hurts me when someone close to me (check one or more):

- doesn't listen.
- lies to me.
- betrays my confidence.
- talks about me behind my back.
- calls me names.
- likes someone else better.
- ignores me.

The person in my life who can hurt me most is:

Ask Yourself

1. What topics am I most reluctant to talk about with my friends?
2. What topics am I most reluctant to talk about with my mother? my father? my sisters and brothers?
3. The closest friend I ever had was _____
4. Do I try to understand why someone may be difficult to get to know?
5. Do I break off a relationship rather than discuss how I've been hurt?
6. Did I ever deliberately hurt someone? When? (Explain.)
7. Am I eager to make friends even though I may be hurt?
8. Am I careful not to be personally critical when I talk to someone about something that bothers me?
9. Am I able to talk things out with my parents when we have a disagreement?
10. Have I ever broken off a relationship with a person of the opposite sex because that person was insensitive to my feelings? (Explain.)