

Characteristics of Obsessive Relationships

Place a checkmark next to each one that describes your relationship.

_____ Do you feel smothered by her partner's behaviors, or does your partner continually question you about where you have been and who you have been with?

_____ Does your partner accuse you of cheating without cause?

_____ Does your partner tell you he knows your feelings better than you, or try to convince you that you do love him?

_____ Have you broken up with someone and he refuses to believe it is over, continuing to pursue you even when you ask him to leave you alone?

_____ Do you receive phone calls, gifts, notes, or other unwanted communication?

_____ Does your partner follow you when you leave the house or does he check up on you by looking through your phone, e-mails, private diaries, Facebook page or other social networks, or calling your friends?

_____ Have you followed your partner or checked up on them by looking through their phone, e-mails, private diaries, Facebook page on the social networks, or calling their friends?

_____ Does your partner visit you unannounced, either at work or at home, to check on your activities? Have you felt compelled to visit your partner unannounced to check up on their activities?

_____ Do you feel anxious or worried about your partner's behavior to the point that it causes you physical or emotional discomfort, or stops you from going to work, going out with friends, or even completing daily activities?

_____ Does your partner argue with you or get upset when you make plans to go out without them?

_____ Do you avoid going out with friends or getting together with family because your partner doesn't want you to go?

Even one check mark is a warning that you may be in an Obsessive Relationship.

If you are in an obsessive relationship, you may find the behavior of your partner a bit annoying or you might be overwhelmed ***you may feel oppressed. You may be fear-***

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ful. If you don't want the attention, or you feel as if you want or need to get out, It is time to make some changes. You may need help creating changes. Get help.