

Recognizing Relationship Burnout

Relationships can be exhausting, especially when one of the partners is dismissive, avoidant, fearful or anxious (Chen, 2019).

Use this worksheet to assess whether a relationship is heading for burnout.

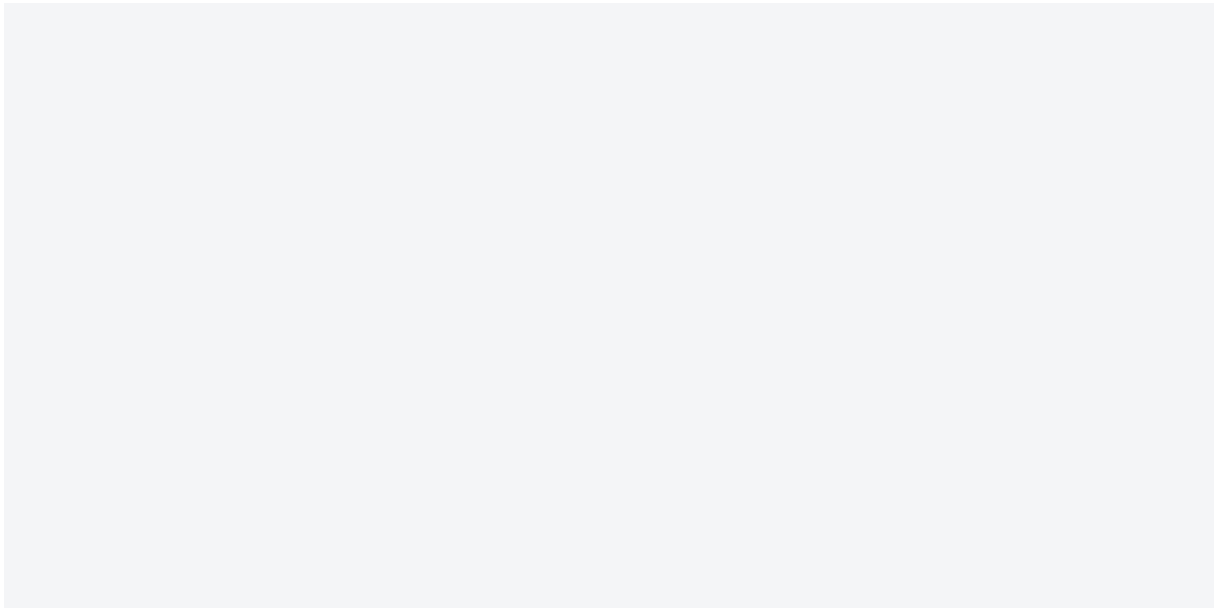
Rate the following behaviors (that may be influenced by the relationship), and provide an example for each one:

Behavior	Frequency (0 - never, 5 - all the time)	Provide an example
Being overly critical of yourself or the other person		
Obsess over the other person		
Forget to eat properly		
Forget to exercise		
Experience poor sleep		



Behavior	Frequency (0 - never, 5 - all the time)	Provide an example
Feel fearful		
Feel depressed		
Feel anxious		
Feel you can't fully be who you are		
Feel you can't say no		
Feel you always have to be on alert		
Other		

Review the above answers. Do you notice any patterns? Could they be a result of your own or your partner's attachment styles? For example, are you overly needy, distant, or fearful they will leave?



References

- Chen, A. (2019). *The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships*. Emeryville, CA: Althea Press.

Dr. Jeremy Sutton