

### **Intimacy-Aversion ("I-A") Self-Screening Test**

*(Mark T or F as it applies to yourself in the context of your relationship. Mark T if either you or your spouse/spouse would say it was generally true of you in the relationship.)*

T/F

- \_\_\_ 1. Withholding love from spouse at times. ("Selfishness")
- \_\_\_ 2. Withholding praise or appreciation from spouse. ("Passivity")
- \_\_\_ 3. Controlling with silent treatment, anger or both. ("Stonewalling")
- \_\_\_ 4. Ongoing or ungrounded criticism. ("Criticizing")
- \_\_\_ 5. Withholding sex from your spouse ("Not Initiating")
- \_\_\_ 6. Unwillingness or inability to discuss feelings with spouse ("Hiding")
- \_\_\_ 7. Staying so busy that there is little or no relational time ("Avoiding")
- \_\_\_ 8. Making problems or issues about the spouse instead of owning responsibility ("Blaming")
- \_\_\_ 9. Controlling or shaming spouse about money issues ("Shaming")

*(Five or more "yes" answers indicate the presence of I-A.)*