

## Form 2.2 - List of Unhelpful Relationship Behaviors

In the space below, list the different ways you may be engaging in unhelpful relationship behaviors.

Need Something	Set Limit	Want Relationship	End Relationship
<i>Drop hints, but don't ask directly</i>	<i>Saying no to everything</i>	<i>Avoid social situations altogether</i>	<i>Pointing out someone else's flaws when they criticize you</i>