



WORKSHEET

THE TOXICOMETER SCENARIOS

Activity 3

1. You and your partner have been together for 7 months. A couple of months ago, your partner started being possessive, gets jealous easily, asks where you've been but doubts that you're telling the truth, calls you often and gets suspicious if you don't answer their calls or texts immediately. They also started texting your friends to try to find out information about where you are or what you are up to. Yesterday, they showed up unannounced while you were having dinner with some friends and wanted to join the dinner party.

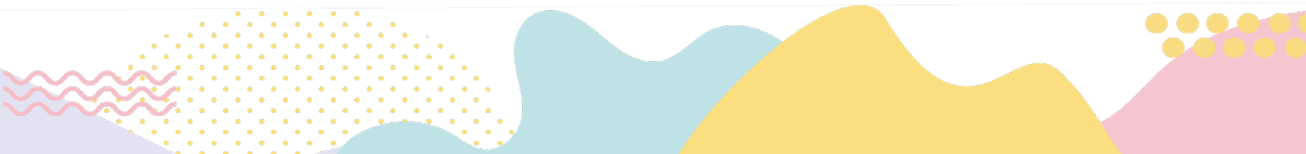
2. You and your partner have a good time together and enjoy each other's company. You have similar interests and this is what brought you together. Lately you have noticed that your partner wants to make all the decisions about where you'll go and what you'll do. They bypass your opinion and often may not ask for your opinion at all. They also want constant reassurance and expect you to agree with them at all times. If you say no, they take it too personally and accuse you that you don't care about them. Yesterday, your partner told you that they can not live without you and that they would die if you ever leave them.

3. You and your partner are very different. You have different interests and enjoy different things. Because you're different you sometimes disagree. However you have a good and open communication and most times you work things out. There is understanding and mutual respect between you. Even though there are some 'bumps' in your relationship, you feel that the good times are more than the bad times.

4. You always felt that your partner was a bit of a narcissist and wanted to get things their way but it never seemed to be a problem. You were always careful not to do things that would upset them and always did things that would please them, only for their sake. This kept a certain balance in the relationship and things were peaceful. Lately though you feel some tension. You're starting to feel frustrated, drained and exhausted.

5. You are upset because you and your partner had a big fight. You told them that you were offered a great internship in America and that you are planning to go, and this ended up in a big fight. Yes, it was unexpected and kind of a shock because it was sudden, but your partner's reaction was unexpected too. You always felt that you and your partner really cared for each other and were considerate towards each other. You also respected each other's decisions and supported each other in what you wanted to do. Now your partner is so pissed off at you that has been giving you 'the silent treatment' for a week now.

6. You feel that things between you and your partner are becoming really tense. They are snappy, aggressive, rude and constantly frustrated with you. Nothing you do is right and you're under constant judgement and criticism. Their comments are sarcastic and try to belittle almost everything you do. Now your partner started monitoring your Instagram and other social media activity and express their disapproval about things you do online (posts, comments, tags, likes etc.). When you told them that you couldn't take this





behaviour anymore and asked them to apologize, their response was 'I am sorry if I crossed the line, but what happened is your own fault'.

7. You and your partner have been together for 3 years. Your friends tell you that they are amazed you lasted this long because you are both very different people. But here you are, three years and you're still together! You think your success has been the fact that you are both make extra effort to be polite, harmonious or non-confrontational with each other. Your friends question whether this is healthy and if it could musk some negative feelings that you both are reluctant to express. However the recipe appears to have worked for you. Why question it then?