

Narcissism and Passive Aggression Checklists for "Lovers of Self"
(2 Timothy 3:1-5)

Narcissism: Do you have any of these characteristics?

Circle the numbers of all that apply.

1. Exaggerated sense of self
2. Lack empathy
3. Envious of others
4. Believe others are jealous of you
5. Arrogant
6. Haughty
7. Selfish
8. Don't initiate kisses or hugs
9. Avoid emotional intimacy
10. Avoid sex
11. Believe your interests are superior to your mate's
12. Value your opinions over your mate's
13. Rigid in your religious beliefs
14. Unyielding during decision making
15. Choose what you watch on television
16. Choose what movies you see
17. Choose where you eat out
18. Get upset when your mate wants to do something different than you
19. None

Passive Aggressive: Do you have any of these characteristics?

Circle the numbers of all that apply.

1. Oppose your mate's ideas or desires for the sake of disagreeing
2. React with sullenness
3. Purposefully late, usually to punish your mate
4. Forget to do things you agreed to do, but really don't want to do
5. Seldom say no to requests and invites, then don't follow through
6. Cancel plans at the last minute by saying sick or making other excuses
7. Complain about your mate behind his or her back
8. Procrastinate on purpose until someone else takes over the job
9. Hide your resentments behind a pleasant demeanor
10. Pursue revenge in ways that leave your mate wondering what he or she did wrong
11. Engage in hidden revenge
12. Have learned to be helpless and unproductive
13. Hide your true feelings
14. Instead of asking for help, manipulate others into feeling sorry for you
15. Don't know how to be assertive
16. Display negative attitudes
17. Go on shopping sprees to punish your mate

18. Refuse to communicate about problems
19. Walk away or withdraw emotionally when you have a problem with your mate
20. The harder your mate works on your marriage, the further you withdraw
21. Withhold sex to punish your mate
22. Fake cooperation until the pressure is off, then slowly drift back to the way it was
23. Won't make decisions, but silently think or accuse your mate of being a control freak
24. Take little to no responsibility for problems in your marriage
25. Don't express anger at all or when do, are explosive
26. Don't know how to express healthy anger
27. Will have sex with your mate, but don't make love
28. Agree to do something for your mate and then don't follow through
29. Agree to do something and then procrastinate
30. Do things for others that you expect your mate to do for him or herself
31. Are an expert at playing the victim
32. Don't communicate your desires and wishes in a clear manner
33. Expect your mate to be a mind reader
34. Can't take the slightest criticism
35. Turn the tables on your mate when he or she brings up a problem with your behavior
36. Are chronically irritable
37. Forget what you are supposed to do or important events
38. Are purposefully inefficient in regard to requests
39. Passively resists complying with expectations
40. Deliberately and repeatedly fail to accomplish tasks you are responsible for
41. Deliberately misunderstand your mate
42. Fear emotional intimacy
43. Secretly or openly competitive with your mate
44. Make excuses for your failure to follow through
45. Blame others for your failures
46. Blame your mate for anything that goes wrong
47. Feign compliance with requests
48. Belittle your mate with sarcasm either directly or behind his or her back
49. Give backhanded compliments
50. Try to hurt, upset, and annoy your mate
51. Hide bitterness toward your mate
52. Carefully veil hostile acts
53. Engage in behavior that is difficult to interpret or understand
54. Your explanations don't quite make sense
55. Your behaviors and words don't quite match up
56. Allow problems to escalate and then blame your mate
57. Cancel a planned sexual date at the last minute, saying too tired, or some other excuse
58. Over the years your relationship has become volatile or more volatile as the hidden anger comes to the surface
59. Your mate doesn't know what's going on
60. Your mate knows something isn't right, but he or she doesn't know what it is
61. None

Do you make your companion feel any of these?

Circle the numbers of all that apply.

1. Ugly
2. Stupid
3. Clumsy
4. Love-starved
5. Lonely
6. The peacemaker
7. The scape goat
8. Can seldom/never do anything right
9. Abandoned
10. Invisible
11. A slave
12. Humiliated
13. Small
14. Unimportant
15. The brunt of jokes
16. Required to earn love
17. Sex is conditional
18. None

Draw Your Own Conclusions

What have you learned about yourself and/or your spouse being narcissistic?

What have you learned about yourself and/or your spouse being passive aggressive?

Are you dealing with covert passive-aggressive narcissism?

Was any of this a surprise to you?

If you want to give up passive aggression and share orgasms and cervical kisses with your mate follow up with the resources for overcoming sexless marriages available when you complete checklist 6 in the *Sexless Marriages Survey*. The choice is yours if you will work to conquer the passive-aggressive anger and narcissism in your home and enjoy a loving marriage.

