

When a Relationship Leaves You Doubting Yourself

Noticing patterns in a relationship, and how they affect you

This worksheet helps you step back from single moments and look at the overall pattern of a relationship, and at what that pattern may be doing to you. Go slowly. There are no right answers, and you can stop at any point.

Before you begin

This is not a test or a diagnosis of anyone. It can't tell you what another person is like or why they act as they do. It is simply a way to notice patterns and how they affect you. You don't need a label to take your experience seriously.

Keep this form private. If you are worried someone may find it, keep it somewhere only you can access.

- 1 **Tick one circle per line**
Choose how often each statement fits. Leave a line blank if it doesn't apply.
- 2 **Pause at the questions**
Write a few words or a full answer, whatever feels manageable today.
- 3 **Use it as a starting point**
Your answers are a starting point for reflection, not a conclusion.

A pattern can matter even when you can't yet explain why it is happening.

01 How the relationship has changed warmth and its shifts

How often?	NEVER	OCCASIONALLY	SOMETIMES	OFTEN	VERY OFTEN
There were periods when I felt intensely admired or pursued.	☐	☐	☐	☐	☐
At times I was made to feel unusually special or understood.	☐	☐	☐	☐	☐
The relationship can shift suddenly from warmth to criticism or coldness.	☐	☐	☐	☐	☐
Qualities once appreciated in me later became things I was criticised for.	☐	☐	☐	☐	☐
I find myself trying to understand what changed.	☐	☐	☐	☐	☐

02 Give and take balance in the relationship

How often?	NEVER	OCCASIONALLY	SOMETIMES	OFTEN	VERY OFTEN
I am expected to fit around my partner's feelings, schedule or preferences.	☐	☐	☐	☐	☐
My partner understands my feelings when it suits them, but less so when my feelings differ from theirs.	☐	☐	☐	☐	☐
Their needs often take priority over mine.	☐	☐	☐	☐	☐
My needs are described as unreasonable, demanding or selfish.	☐	☐	☐	☐	☐
My achievements, friendships or independence can lead to resentment or criticism.	☐	☐	☐	☐	☐
I give considerably more emotional energy than I receive.	☐	☐	☐	☐	☐

Over time, I have learned that in this relationship...

I am allowed to...

I am not allowed to...

03 Conflict and repair

when you raise a concern

How often?

NEVER OCCASIONALLY SOMETIMES OFTEN VERY OFTEN

My concerns are turned back onto me.	☐	☐	☐	☐	☐
When I say something hurt me, the conversation becomes about what I did wrong.	☐	☐	☐	☐	☐
My partner rarely acknowledges their part in conflict.	☐	☐	☐	☐	☐
Apologies, when they happen, don't usually lead to lasting change.	☐	☐	☐	☐	☐
I find myself explaining the same event again and again.	☐	☐	☐	☐	☐
Arguments leave me confused about what the original issue was.	☐	☐	☐	☐	☐
I avoid raising reasonable concerns because I expect the reaction.	☐	☐	☐	☐	☐
I feel I must be extremely careful about how I say things.	☐	☐	☐	☐	☐
My partner's feelings seem to carry more weight than mine.	☐	☐	☐	☐	☐
There seem to be different rules for my partner and for me.	☐	☐	☐	☐	☐

What happens when you say, "That hurt me"?

What usually happens when you disagree?

04 Confidence in my own perceptions

what I see, remember and feel

This section is about your confidence in what you see, remember and feel, not about deciding what another person intends.

How often?

NEVER OCCASIONALLY SOMETIMES OFTEN VERY OFTEN

I question whether I remember events correctly.	☐	☐	☐	☐	☐
Something clear to me is later described as not having happened, happening differently, or being entirely my fault.	☐	☐	☐	☐	☐
I feel confused after conversations that seemed straightforward at the time.	☐	☐	☐	☐	☐
I check messages or details because I'm unsure what happened.	☐	☐	☐	☐	☐
I apologise even when I'm unsure what I did wrong.	☐	☐	☐	☐	☐
I think, "Maybe I really am the problem."	☐	☐	☐	☐	☐
I often ask others whether my reactions are reasonable.	☐	☐	☐	☐	☐
I have become less confident in my own judgement.	☐	☐	☐	☐	☐

How much has my confidence in my own perception changed? ☐ Not at all ☐ A little ☐ Noticeably ☐ A great deal

Something I notice about this change is...

05 Control and freedom

space to be yourself

Some checking in can be caring. What matters is whether it feels mutual, and whether you feel free to say no without consequences.

How often?

NEVER OCCASIONALLY SOMETIMES OFTEN VERY OFTEN

My partner monitors or questions where I am.

○ ○ ○ ○ ○

They expect to know who I am with or what I am doing.

○ ○ ○ ○ ○

They become angry when I spend time with certain people.

○ ○ ○ ○ ○

I have become more isolated from friends or family.

○ ○ ○ ○ ○

My privacy is not respected.

○ ○ ○ ○ ○

My work, study or independence is interfered with.

○ ○ ○ ○ ○

Withdrawal, anger, threats or consequences are used to influence what I do.

○ ○ ○ ○ ○

I avoid activities because I expect my partner's reaction.

○ ○ ○ ○ ○

I feel I need permission for things I used to decide for myself.

○ ○ ○ ○ ○

Am I changing my behaviour because I want to, or to manage my partner's reaction?

06 Pressure around intimacy and money

consent and money

These can be hard to answer. Take your time, and skip anything you'd rather come back to later.

How often?

NEVER OCCASIONALLY SOMETIMES OFTEN VERY OFTEN

I feel pressured into sex or intimacy when I don't want it.

○ ○ ○ ○ ○

My boundaries around intimacy are challenged, criticised or ignored.

○ ○ ○ ○ ○

Affection or intimacy is used as a reward or punishment.

○ ○ ○ ○ ○

Money is used to control, punish or create dependence.

○ ○ ○ ○ ○

Financial decisions are made without real consideration of my wishes.

○ ○ ○ ○ ○

I have become less financially independent since the relationship began.

○ ○ ○ ○ ○

Anything here I would like to talk through, or find hard to put into words...

07 How this may be affecting me

tick any that fit

These are common responses to ongoing stress in a relationship. They are not signs that something is wrong with you.

☐ More anxiety

☐ More self-doubt

☐ Emotional exhaustion

☐ Difficulty concentrating

☐ Walking on eggshells

☐ Watching my partner's mood

☐ Loss of confidence

☐ Feeling less like myself

☐ Difficulty making decisions

☐ Guilt when I stand up for myself

☐ Physical signs of stress

☐ Feeling trapped

☐ Low mood

☐ Keeping the peace at my own cost

☐ Sleep difficulties

☐ Pulling away from friends or family

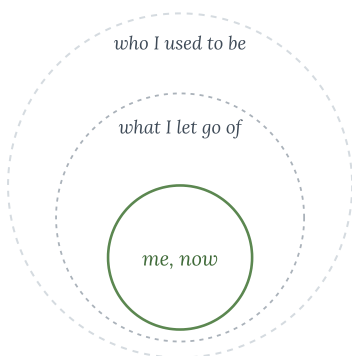
☐ Feeling numb

☐ Fear of my partner's reaction

The change I notice most in myself is...

08 The “becoming smaller” check

who you were, who you are now



Sometimes a life narrows so gradually that the change is only visible when you look back.

Before this relationship, I was someone who...

Things I used to do that I do less of now...

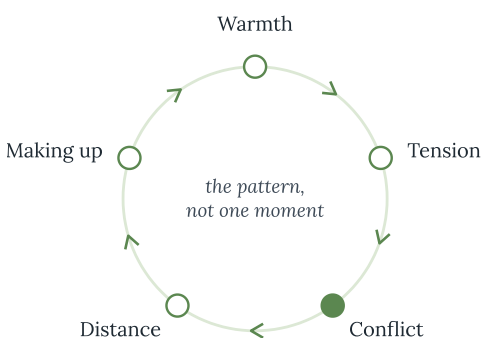
People I see less of now...

What I used to believe about myself, and what I believe now...

09 The pattern, not the exception

the cycle

A relationship can contain real affection, humour, care and remorse, and still contain a hurtful pattern. The good moments are real; so is the pattern.



Do I recognise a cycle like this? ☐ I recognise this ☐ Partly ☐ Not really ☐ I'm not sure

What tends to happen just before things improve again?

What tends to happen just before things get harder again?

10 Stepping back

what stands out

Look back over pages 1–4. Write down the three statements that feel most important to you right now.

- 1 _____
- 2 _____
- 3 _____

Something I may have been minimising is...

Something I have been blaming myself for is...

Something I know about my experience, even if my partner sees it differently, is...

Something I would like to talk through with someone I trust is...

11 Safety

you come first

If you are afraid of how your partner might react, please don't use this worksheet to confront them or share your conclusions with them. Leaving or setting limits can be a time of increased risk, so it helps to plan any changes with support. If completing this form becomes distressing, you can stop at any point.

If you are ever in immediate danger, or having thoughts of harming yourself, contact your local emergency services.

Next step

Take a moment to consider what you have noticed. You may want to write down one thing that feels important, one question you still have, or one small step you would like to take.