

RED RIGHT SAMPLES

SAFE FROM

irresponsible ANGER

DEFINITION OF IRRESPONSIBLE ANGER

Irresponsible Anger is free floating and likely to erupt at any time. It is an uncontrolled reaction or rage by a partner who doesn't think that he or she has the responsibility to control his or her actions. Your partner's anger and actions are in excess of the scale of the event. The anger or actions are hurtful or punitive rather than guiding or reflective. Your partner might also use tones of voice, gestures or emotions that are hurtful or fearful, reflecting the irresponsibility of the anger. The anger might be in wild bursts or its remnants (reminders of the event) can extend long beyond the life of the event and carried on into the rest of the day, weeks or even months.

Your partner doesn't take responsibility for the effects his or her actions have on you. Your partner doesn't apologize for overreacting or losing control of his or her anger. You are blamed for making your partner angry and therefore you are usually the one who is left apologizing for the incident.

Some aspects of irresponsible anger

- **Partners who explode in irresponsible anger might have difficulty understanding or acknowledging the difference between feeling anger and showing anger.** We all have a right to feel anger. However, we all have a responsibility to control how we show our anger. Regardless of how we feel, we do not have a right to show our anger or emotions in hurtful ways.
- **Your partner might find it difficult to differentiate between the anger shown for the variations in situations such as from a small mistake to a big problem.** Any situation can become potentially explosive, regardless of how small the infraction. For example your partner might get so mad about a speeding ticket that you would have thought the car was totaled. Or in our Red Right examples, Nick got so mad about a broken egg yolk that you would have thought that Nora had deliberately broken a whole set of good dishes—by throwing them at his head.
- **Partners who have irresponsible anger usually won't take any responsibility for how they hurt others.** It is your fault for making them angry. If you are hurt by the anger and must “walk on eggshells” or wear a “coat of armor” to protect yourself, your partner takes no responsibility for what the anger does to you or how it taints the relationship.
- **What makes irresponsible anger so terrifying in a relationship is not just the anger, but the fear of not knowing when the anger will erupt next or what will cause it.** Families who live with a partner who shows irresponsible anger live in fear all the time when they are with that person. The family never knows when the anger will explode, so they must always be prepared.
- **Angry partners rarely apologize for their actions.** They expect you to apologize for making them angry. You are the one who must make peace with your partner to smooth over the incident. You're

the one apologizing for causing your partner to hurt you with his or her irresponsible anger. (It doesn't make sense, but that's what makes it irresponsible).

- **After the incident is smoothed over, your partner thinks that there is nothing wrong and everything is back to usual.** In fact, irresponsible anger creates permanent scars on you emotionally, while your partner thinks the incident is over.

The lies often used to justify irresponsible anger:

Your partner says he or she has a right to show feelings...regardless of any damaging results to you or anyone else. Your partner will likely blame you or someone else for causing his or her anger. Therefore it is not your partner's fault. Your partner might even defend his or her anger and call it "justifiable." Your partner might say that showing feelings is healthy and denying them or keeping them bottled up inside is dangerous. Your partner doesn't have to take responsibility for any actions or the effects of the actions on others. Your partner will claim, "If you feel hurt, that's your problem; it's not my fault."

The Partner's Truth:

We're all entitled to feel anger, but we are responsible for how we show our anger and how it affects other people. Feeling anger and showing anger are two different things. No one has the right to hurt another through anger without taking responsibility for it. Every person is able to control his or her own actions; the difference is whether or not he or she chooses to. Every person also is able to choose whether or not he or she wants to hurt others. Anger can hurt.

The severity of angry feelings must relate to the severity of the incident. An incident can be a simple mistake, a minor accident, a wrongdoing, or a major deliberate transgression. A responsible person can differentiate among these different types of incidents. Depending on the incident, a responsible person's reaction can be anything from a small irritation to a disturbance, annoyance, frustration, disappointment, anger, or anything else. A responsible person's behavior will appropriately reflect the severity of the incident. Whatever the feeling, a responsible person is able to control his or her actions and takes responsibility for not hurting others.

An irresponsible person can't differentiate among incidents or feelings. Some people explode just the same over everything, from the most minor incidents to the most serious events. An irresponsible person will show only anger. This person was never taught how to assess the severity of incidents or how to be responsible for the effects of his or her actions.

Irresponsible anger causes irreparable emotional damage on the relationship. You take actions to protect yourself from your partner and wear a protective shell. You are never quite sure how to act to appease your partner. While much of the time may be good with your partner, still the shell rarely comes off. You are forever afraid to be yourself with your partner. When you take off your shell and when everything seems good, that's when the next outburst will come.

How you might feel:

1. **Irresponsible anger might cause you and your family to walk on eggshells for fear of setting off your partner.** You might not even be able to enjoy the good times because you always have to be on-guard as if waiting for your partner to erupt. You can never let your guard down or feel free to be yourself. You might live in constant fear of the next infraction.
2. **You might describe your partner as "always angry" when in fact that is not the case.** It's just that the unpredictability and fear forces you to be prepared for anger and eruptions all the time.

3. **You might feel forced to lie to your partner for fear that he or she won't accept the truth without getting angry.** You tell your partner only what you think he or she wants to hear because that is the only thing that is safe from his or her anger.
4. **You and your family might avoid being with your partner.** You might try to be in separate rooms or stay away from home as much as possible because at least then, things are predictable and safe. At home, avoidance can also include trying to stay busy with other activities, sticking your head in some reading material, looking engrossed in a television show or just not communicating. The less that you say, the less your partner has to get angry about.
5. **You might feel conflicted about your partner.** The good times may be so good that you want them to continue. But just when you let your guard down and think everything is good, your partner erupts again. You don't know whether you should look to the good in your partner or protect yourself from the bad. Your whole relationship is tainted.

REALITY CHECK TIME

- Does your partner show anger? Or, does your partner take responsibility for self-control?
- Does your partner care more about how you feel or about venting his or her anger?
- Do you make excuses for your partner's anger?
- Has your partner always had tendencies to "blow up," or has it worsened or escalated since the beginning of your relationship?
- Do you tell white lies or conceal "the whole truth" because you fear your partner's anger when telling the truth?
- Do you feel that you have to live in a continual "on-guard" state for fear of "setting off" your partner?
- Do you find yourself wondering what you could have done to make your partner so angry?
- Do you sometimes avoid going home, or when you are home, do you stay away from your partner to minimize your exposure to his or her potential anger?
- Do your friends tell you that they don't understand your partner's anger when you tell them about specific situations?

SLOW DOWN FOR THIS EXTRA THOUGHT

When you live with an angry partner, your life revolves around the anger all the time.

A person who exhibits irresponsible anger forces a partner to live in constant fear. Although the person might show anger only 10% of the time, the partner is afraid of the anger erupting the other 90% of the time because it comes without warning. No one knows exactly when the anger will erupt, so the partner always must be prepared.

SAFE FROM BLACK-AND-WHITE THINKING

DEFINITION OF BLACK-AND-WHITE THINKING

Black-and-white thinking is the self-centered, insecure, and narrow-minded belief that subjectivity does not exist in this world—that things can only be done in one right way and questions have only one correct answer. Amazingly, the black-and-white thinker is the only one who knows what is right. Things must be done his or her way or not at all. When questioned, the black-and-white thinker will argue that everything in this world is black-and-white or right and wrong. Other answers, opinions, solutions, gradations, or degrees don't exist. The black-and-white thinker doesn't accept any one else's experiences, feelings, situations, beliefs, or knowledge. He or she cannot show compassion, understanding, tolerance, flexibility, or compromise.

Black-and-white thinkers might also have trouble differentiating whether something is different, slightly wrong, or totally wrong. Degrees don't exist; everything is at one end of the continuum or the other. In fact, black-and-white thinkers don't use a continuum. They consider anything that is different or slightly wrong to be totally wrong. If your partner tells you "It's my way or the highway," that's the sign of a black-and-white thinker.

Black-and-white thinking is truly one of the most hurtful of the Red Rights because it is the foundation for every single one of a partner's other relationship rights. If your partner believes your rights don't exist, then there is no way to have them accepted or tolerated. Both partners end up being unhappy; the black-and-white thinker is unhappy seeing you as constantly wrong, and you are unhappy because you made to believe that something is wrong with yourself.

An artist once said "Look at all the many shades of green." A black-and-white thinker doesn't see any green; he or she sees only black or white. He or she sees the world through a black-and-white lens, and even then it is still missing all the shades of gray.

Some Aspects of Black-and-white thinking

- **Everything has only one possible answer or solution.** No other options or alternatives are suitable. This might apply to everything in life from matters of taste, opinions, and problem solving, to parenting.
- **Everything is either all or nothing; nothing is half-way.** Things don't come in degrees of good or bad; everything is either all good or all bad. To a black-and-white thinker, mistakes are never small. A small mistake is the same as a major catastrophe, and both are wrong.
- **A black-and-white thinker might have no tolerance for any variations on a time schedule.** Something is either to the minute or it is late. Two minutes late is LATE and cannot be tolerated. To a black-and-white thinker, two minutes late is as bad as being an hour late. However, if the black-and-white thinker decides to be a half hour late, that is okay.
- **When you and your partner have differences, your partner always has to be right, even when you can prove that he or she isn't.** Your partner cannot accept being wrong.
- **Compromise, flexibility, and WIN/WIN situations don't exist.** Everything has to have a winner and a loser—and your partner always has to be the absolute winner. If your partner has to concede even an inch while you concede a mile, your partner considers himself or herself a total loser. You might as well just agree with your partner rather than pay the price later.

The lie often used to justify black-and-white thinking:

The black-and-white thinker believes that he or she knows everything, and therefore he or she always has to be right. That person believes the world is only black and white and that everything has only one correct answer—and the black-and-white thinker is the one who has the right answer. Even when dealing with a subjective issue with multiple solutions, the black-and-white thinker makes you feel that you must accept his or her solution or you will pay a price. A black-and-white thinker is incapable of budging from his or her position. Rational arguments and discussion on a subject will not get through. For a time you might feel that you are making headway, but ultimately a black-and-white thinker doesn't change, move, or compromise. Therefore, you must accept your partner's thinking whether or not you agree.

Even when they are wrong, black-and-white thinkers rarely apologize because they still believe that they are right in some way. Instead, when someone catches them being wrong, they might start to make excuses or twist the facts to justify their actions and divert attention from real issues. Or their apologies might be conditional, such as "I'm sorry, but so-and-so made me do it" or "I'm sorry, but I didn't mean it." Their apologies contain a "but" rather than being unconditional. Genuine apologies are few and far between if they exist at all.

Black-and-white thinkers tend to react out of emotion rather than thought because black-and-white thinking truly means that one doesn't have to think—because black-and-white thinkers have nothing to think about or consider. They lack concern for others' feelings or experiences. They refuse to consider the different circumstances in each situation. Instead, they process everything the same way, as though every situation is exactly the same.

The Partner's Truth:

Except for scientific, mathematical, and historical facts, most of the world's answers are not black and white. Subjective questions, matters of opinion, and taste have more than one right answer. The world is not black and white, and your partner isn't the only one with the right answers. Many different shades of gray, green, blue, and red exist in this world, too, contrary to what your partner would have you believe. That is why we have different political parties, different brands of cleaning products, and different kinds of cola. The whole rest of the world can't be wrong.

All people have the ability to be flexible and accept others' tastes and opinions. However, some people choose not to do so. Flexibility requires strength of character, and some people don't have it. To many people flexibility is a sign of weakness or giving in. Truly, flexibility is a sign of self-confidence, individual worth, and respect for others.

Flexibility, compromise, and conflict-resolution skills are necessary elements for healthy, mutually supportive relationships. Partners need to be able to accept each other's opinions as equally valid and must be able to compromise and take turns on conflict resolutions. A violator should not be able to dictate everything in a relationship. Both partners need to feel that their thinking is validated by the other.

How You Might Feel:

1. **You might start feeling crazy because your partner is so defensive and absolute about everything being black-and-white that you actually start to question your thinking abilities.** You might start believing, "Maybe I don't have good taste," "Maybe I don't have the right opinions or answers" or "Maybe my partner is right and I don't know how to think after all."
2. **Your partner's black-and-white thinking begins to make you feel stupid or like a loser.** Whenever you and your partner have a disagreement or dispute, you know ahead of time that you always have to be the loser, or you risk paying an even higher price of punishment or complaining.

You know you can never be a winner and finally stop even risking a disagreement because you know what the outcome will be.

3. **You don't bother questioning your partner, even if you feel that you are right, because you know that it will serve no purpose.** You can't even have a rational conversation. You might stop expressing yourself to your partner because you know he or she won't even consider your thoughts. Even when you know your partner is wrong and that the outcome of your partner's actions will not be as he or she states, you keep silent because you know that speaking up won't make a difference. And then when the outcome is just as you thought, you still don't speak up because you know it serves no purpose and your partner will be defensive or have an excuse.

REALITY CHECK TIME

- Does your partner's rigidity and inflexibility control your relationship?
- Do you feel that your partner always has to get his or her way or else the complaining, criticizing, or even punishment will never end?
- Does your partner put everything to you in all-or-nothing extremes?
- Do you feel that your partner lacks the ability to compromise?
- Do you avoid disagreeing with or questioning your partner because it isn't worth the effort?
- Do all of your disagreements have to end with a winner and a loser, and your partner always has to be the winner?
- If you have a disagreement, does your partner give you the consideration that you could possibly be right?
- Have you started to believe that you are always wrong and your partner is always right?
- Are you frustrated to the point of giving up when trying to explain your point of view to your partner?
- Do you find yourself apologizing for things that you don't feel are wrong, just so that you can have some level of peace in your relationship?
- Are you beginning to think that you are crazy because you don't know right from wrong anymore?
- Do you try to limit conversations with your partner to topics you know are safe, where a disagreement won't occur?

SAFE FROM CONSTANT COMPLAINING (OR CREATION OF A NEGATIVE ENVIRONMENT)

DEFINITION OF CONSTANT COMPLAINING

A **constant complainer** grumbles or is negative about anything and everything. Besides complaining about you, your partner can complain about friends, family, health, work, neighbors, politics, the problems of the world, or anything else in the universe. The complainer rarely looks at the good things or works toward solutions.

The complaining can take the form of nagging, badgering, complaining, yelling, interrogating, criticizing, or yapping. You might not get any moments of peace around your home. A complainer can't say anything nice; everything is bad. In fact, if something is good, you probably WON'T hear about it.

The result of continual complaining is the **creation of a negative environment** in a household, and the complainer forces his or her family to live under its cloud.

Some aspects of constant complaining or a negative environment

- **Constant complainers might complain about everything—nothing is good, nothing is right, and nothing is off limits for their complaints.** They are unable to see the good side of things.
- **Constant complainers dwell on problems rather than looking for solutions.**
- **Constant complainers can be hypochondriacs.** They might complain constantly, so they never seem to be in good health. Every little cut, snuffle, ache, or pain turns into a catastrophe. They might go to the emergency room for a paper cut, think that a snuffle is pneumonia, a twisted ankle is a broken leg, and a headache is a brain tumor. They might also worry about contracting all the latest diseases, whether lyme disease or the West Nile virus. They might go into elaborate descriptions of their symptoms (of which you might rather not know the details), groan loudly to let you know they are sick, or be unable to do any work or go places you would like to go. They might often become like children and need to be nursed. To make matters worse, children of constant complainers might often become complainers, just like their parent.

The lie often used to justify constant complaining:

The constant complainer believes that he or she has the right to share all feelings and thoughts no matter how negatively unbalanced they are. If you question or disagree with your partner's negative outlook or complaint, then he or she might complain or nag you even more until you agree. If you dare to tell your partner that he or she is being overly negative and shouldn't complain so much, then your partner might accuse you of being unsympathetic or forcing him or her to deny feelings. And if, over time, you react to the negative environment by tuning out or not answering, he or she accuses you of being unresponsive.

If your partner is a hypochondriac, then your partner believes he or she has the right to bemoan every ache and pain, as if no one else has ever had a cold, headache, the flu, a fever, felt sick, or been pregnant.

The distinction among an optimist, a pessimist, and a chronic complainer is how all three people describe the same partially filled glass of water on a table:

The **optimist** says that it is half-full.

The **pessimist** says that it is half-empty.

And the **chronic complainer** says, “Give it to me now because somebody is going to spill it!”

The Partner’s Truth:

Everyone needs to be able to accept and handle legitimate criticism and complaints. However, when your partner’s comments seem to be overweighted with complaints or your home has a negative cloud from your partner’s outlook, then your partner has crossed the line on the complaint side.

Contrary to your partner’s belief, everyone has good and bad times in life. People have sick times and healthy times. No job or career is ever all good or all bad. Good and bad have always existed, and both have to be accepted as part of the normal course in life. We all have a responsibility to learn how to deal with both and not obsess about the bad.

The partner’s truth is that regardless of what situation confronts you and your partner, you each have a choice to make—whether you want to focus on the solutions or let the problems pull you down. Everybody’s roads have bumps, and both partners have a responsibility to use their mental shock absorbers to smooth out the ride. The world is not going to fall apart. Your partner just needs to adopt a more balanced outlook on life.

When you live with a constant complainer, no matter how hard you try and no matter how much you do, it’s never good enough. You can never make your partner happy—the complaints continue.

How you might feel:

1. **Being around constant complaining makes you feel exhausted and drained because when your partner complains, he or she is asking for your sympathy, caring, or concern.** These emotions all take energy. In all relationships sometimes people truly need some of your energy to help them through an illness, a tough time, or a problem. However, when somebody is constantly asking for your energy, it becomes overwhelming and exhausting to maintain.
2. **You finally might tune out your partner altogether, because he or she complains so often.** Your partner is like Chicken Little who kept yelling: “The sky is falling! The sky is falling!” Finally everyone tuned out Chicken Little and didn’t know the difference when there really was a problem. Your partner runs the same risk when you are forced to tune out your partner.
3. **Many days you might dread waking up because you don’t know what complaints you will have to face before you can even start your day.** You might feel like you are starting from six feet under and that you have to dig yourself out of the negativism before your day can even begin.
4. **You might begin to dread seeing your partner after work, because you know he or she will start to take you down once again.** When you are away from your partner during work hours, at least you might have some peace and balance.
5. **You might have hardly enough energy left for yourself.** You might have to give up some of your activities, because you feel so drained by your partner.

REALITY CHECK TIME

- Does your partner criticize you for trying to stay positive?
- Do you feel tired and weary when you are with your partner?
- Do you frequently find yourself happy and upbeat, only to have your partner bring you down with his or her complaining?
- Would your partner rather complain and nag than look toward solutions or the positive side?

- Does a negative environment full of constant complaints dominate your relationship?
- Do you feel emotionally and mentally exhausted just trying to stay above your partner's negativism?
- Do you need to rely on people other than your partner to keep your spirits up?
- Do you keep your problems to yourself rather than hear your partner blow them up into monster proportions?
- Do you have a hard time getting out of bed in the morning, or do you find yourself working more to stay away from home because you dread having to listen to your partner?

SLOW DOWN FOR THIS EXTRA THOUGHT

Reflections: When Your Partner is a Constant Complainer

You dread waking up in the morning
Because you feel you are loaded down with the complainer's problems before even getting out of bed.
You look forward to leaving the complainer in the morning
Because you know that this may be the only positive time you may have during the day.
You avoid sharing things with the complainer
Because the complainer will take your good times down and make any problems worse than they are.
You dread getting back together with a complainer after work or a long day
Because you know you will hear about the same problems with no attempts to solve or deal with them.
You dread handling problems with a complainer
Because you know the complainer would rather complain than work toward a solution.
Even though there are both positives and negatives in life
You know the complainer will suck all the positive energy out of you dealing with all of the complainer's negatives.
And when you turn off the light to go to bed at night you think
"Whew, finally I can have some peace to myself and not listen to the complainer."

SAFE FROM CONTROL

DEFINITION OF CONTROL

Control happens when one partner directs the other partner's actions and thoughts through any chosen means. A partner tells you what you should believe, what you should do, and what you should not do with all or part of your time.

Your partner might control you through demands and/or directly giving orders. Or your partner might control you indirectly through fear and threats. In order to receive your obedience, your partner can also control you by making you feel crazy and by making you question yourself and your sanity.

Control in a relationship can vary in size and strength. It can be very small and include only a portion of your relationship, such as losing control of Sunday afternoons or the color scheme in your house. Or it can permeate all of your relationship, including both the time when you are together and the time you are apart. The control can be light and suggestive, but when it is strong and fearful, you become afraid of being physically or emotionally hurt or abandoned if you don't obey.

Some aspects of control

- **Areas of control can be few or many. Your partner might want only minimal control and directs one or a few areas of your life.** If some areas are not important to you, the control might not be a problem. However, your partner might want absolute control and feels that he or she owns every minute of your life. You have to report back for your partner's approval what you do, even when you are not together. Your partner might want to control not only what you do but also what you think.
- **The degree of control can vary.** A partner might want to control some of your time or all of your time. If the amount of control is small, you might not even notice it or recognize it as control. However, if the degree of control is substantial, it can be oppressive and suffocating.
- **Your partner might want to control not only what you do but also how you do it.** Your partner might want to control your methodology, such as the way you clean the house or the route you drive to a location.
- **Your partner can exert control in many ways. Your partner can exert control directly through orders.** Your partner can also exert control indirectly through violating Red Rights by complaining, assigning status, black-and-white thinking, button-pushing, giving orders or threats, etc. Control also can be exerted through the guise of mutuality, but your partner never intends for a real mutually supportive relationship.
- **The ways your partner can enforce control can also vary.** Enforcement can range from threats, anger, constant complaining, shame, and punishment to actual physical and sexual violence. Fear of your partner enforces the control.

The lie often used to justify control:

The controller believes that once you agree to go into a relationship with him or her, you have agreed to be controlled. To your partner, control is the measure of a successful relationship. One partner is supposed to control and the other is supposed to be obedient. This was a relationship model your partner might have lived with growing up. Your partner is adamant that he or she is right. In order to justify his or her behavior, your partner might point to other couples as examples, but discounts those who are not controlled.

A controller will give you every excuse in the world as justification for control, even to the point of making you feel crazy or fearful. When you try to explain yourself to your partner, you might be accused of trying to control your partner instead.

Some controlling partners appear to love you so much that they want to be with you all the time. The love feels so intense and all-consuming, as though no one else could love you so much. They appear to be very caring. You feel wonderful being with someone who can care so much about you. However this love can be possessive and controlling rather than supportive. This kind of control can be very confusing because your partner seems to love you so much.

The Partner's Truth:

A partner can exert control in many different ways; some look subtle and innocent, and others are made to appear righteous and justified. However, no one has a right to control another person. No one has a right to control someone else's time or the way he or she thinks. You are neither someone else's possession nor a slave. You are a human being who can think and make your own choices and decisions.

Exerting control is the most demeaning thing a person can do to another. Depending on the severity, it might take away all of your human rights and the qualities that make you a unique human being. Because you are a particular sex, ethnic background, or age does not mean that you are inhuman and that you lose your human rights to another. Because your partner knows someone else who controls does not justify doing it to you. Because your partner benefits from his or her control does not make it right for the relationship. When your partner believes he or she has the right to control you, your partner has no respect for you as an individual human being—no matter how much he or she claims to love and care about you.

Control is extremely dangerous because it is the basis for other abusive behaviors. When your partner believes in the right to control you, your partner also believes he or she has the right to enforce the control. This is when abuse begins. In our experience we have found that abusers come from all walks of life and have no real commonalities except that they feel the right to control others yet accuse others of controlling them—when the others just want to be accepted as individual human beings.

How you might feel:

1. **You might feel off balance.** You're constantly trying to please your partner while at the same time you are giving up yourself. You can't understand why you are not feeling fulfilled or having balance in your life, but you have given up control of your life to your partner.
2. **You might feel suffocated.** All of your partner's control and demands on your time have cut you off from being yourself.
3. **If you try to stand up to your partner, your partner will likely accuse you of controlling him or her instead.** You might try to explain to your partner that you don't want to control him or her and that you don't want that kind of responsibility for another adult's life. You might tell your partner that all you want is to control yourself. Still, when you don't obey your partner or succumb to his or her wishes, your partner considers *this* controlling because you're not following your partner's directions. Your partner then accuses you of being the controller.
4. **We often let our partners take control of our lives when we just want to be ourselves, because control is so insidious and confusing.** We want to please our partners, but we still want to have control over our own lives. With a controlling partner, it is often difficult to see or draw a line, because pleasing our partner means giving them control of ourselves and our lives.

REALITY CHECK TIME

- Do you feel you have turned into a different person since you entered your relationship?
- Does your partner sometimes act like Jekyll and Hyde, one way when he or she wants you to do something and another way when you don't do it?
- Does your partner accept you as you are, or does your partner expect you to be somebody else?
- Are you afraid to do things because of how your partner will react?
- Do you think your partner believes he or she has a right to control your life?
- Does your partner get upset with you when you don't do what he or she wants?
- Does your partner accuse you of controlling him or her (when all you want to do is be yourself)?