

5. Communicating self pity: The drowning of a marriage. Your marriage is being poisoned if:
- (a) Statements like the following are common in your marriage: "You just don't understand me. No one does". "You and the children are against me". "Your children must not love me". "Your actions certainly don't say you love me".
 - (b) One partner uses the technic of sulking in order to gain consideration for his or her viewpoints.
 - (c) Your partner frequently cries as a result of being questioned about decisions or issues.
 - (d) One partner makes irrational decisions when in a state of self pity.
 - (e) Whenever things don't work out to your advantage, you claim that others have been unfair.
 - (f) The self pity you wallow in produces guilt in your partner.
 - (g) Your partner tries hard to appease you in an attempt to relieve your feeling of sorrow and in so doing violates his or her convictions.
 - (h) When your partner's efforts to appease you don't lift you from wallowing in self pity, he or she becomes frustrated and is possessed with feelings of inadequacy.
 - (i) You claim you'd like to get away and be by yourself but you rarely do because you need the presence of others to feel sorry for you.
 - (j) You delight in wearing your feelings on your sleeve.
 - (k) An entire group of people has just been through the circumstances which are responsible for your current self pity, yet you feel that the effect on you is much greater than the effect on other people.
 - (l) You rarely see the good in any situation, but instead tend to dwell on the negative.
 - (m) You blow statements completely out of proportion and don't take them at face value.
 - (n) When your partner says to you "I don't really like that shirt on you ", you hear, "She really doesn't love me". When you say to your wife, "Boy, the house is certainly dirty", or "I don't really care for that dress", she interprets it as "He really doesn't love me".

