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Toxic Relationship Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Are You In A Toxic Relationship?

The following are some signs to help you determine if you're in a toxic relationship:

- ☐ They attempt to control the way you live and behave.
- ☐ You have given up important activities or people to please them.
- ☐ They devalue your opinions and accomplishments.
- ☐ When displeased they threaten, yell, or stonewall you.
- ☐ You find yourself rehearsing what you will say so you won't set them off.
- ☐ They switch between moods without warning.
- ☐ They are extremely possessive and jealous.
- ☐ They blame you for everything that goes wrong in the relationship.

Emotional, Cognitive, And Behavioral Inventory

You may not realize how much suffering your relationship is causing you until you take an honest look at yourself and your relationship.

Emotional Inventory

Read the questions and check the ones you answered yes to:

- ☐ Do you feel afraid of your partner?
- ☐ Do you feel always in the wrong?
- ☐ Do you feel angry much of the time?
- ☐ Do you feel confused about what you should do?
- ☐ Do you feel hopeless much of the time?
- ☐ Do you feel overpowered by your partner?
- ☐ Do you feel sad most of the time?
- ☐ Do you feel trapped?

If you answered yes to most of these questions, then you are clearly in so much pain.

Notes:

Cognitive Inventory

Do you find yourself experiencing thoughts similar to the following:

- ☐ Something bad is going to happen to me.
- ☐ He is going to leave me.
- ☐ It's never going to change.
- ☐ There is no way out.
- ☐ Nothing I can do will make a difference.
- ☐ It's all my fault. I need to become a worthier person.
- ☐ I'm weak.
- ☐ I'm selfish and inconsiderate.
- ☐ I am needy.
- ☐ I'm helpless.
- ☐ He won't ever take me seriously.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Behavioral Inventory

Read through the following list of behavior and identify the ones you relate to and add ones of your own:

- ☐ You “walk on eggs,” watching and rehearsing every word you say to your partner, so as not to set him off.
- ☐ You apologize all the time.
- ☐ You constantly excuse your partner’s behavior to yourself and even to others.
- ☐ You constantly try to figure out how to get your partner’s approval and fulfill his ever-changing demands.
- ☐ You cry a lot more than you used to.
- ☐ You have given up activities and people that once were important to you.
- ☐ You have given up ideas and dreams you had for yourself.
- ☐ You hold yourself back from advancing in your career.
- ☐ You take the blame for everything that goes wrong in your relationship.
- ☐ You’ve gained or lost a lot of weight.
- ☐ _____
- ☐ _____
- ☐ _____

Your Partner's Behavior

Read through the following list of behavior and identify the ones that describe the way your partner behaves:

- ☐ They accuse you of being too sensitive if you get upset when they attack you.
- ☐ They are constantly critical of you.
- ☐ They belittle your accomplishments.
- ☐ They blame you for all their failures and shortcomings.
- ☐ They constantly criticize important people in your life.
- ☐ They devalue your opinions and feelings.
- ☐ They humiliate you in front of others.
- ☐ They insist on having control over your life.
- ☐ They intimidate you by yelling or using threats of physical violence or they threaten to leave you if you don't do as they wish.
- ☐ They switch moods without warning.
- ☐ They punish you when you displease them by withdrawing love, money, or sex.
- ☐ They refuse to take responsibility for their behavior by changing the subject or denying it.
- ☐ They are extremely jealous and possessive.
- ☐ They are in competition with other important people in your life for your attention.
- ☐ They force you to participate in sexual acts that are unpleasant or painful for you.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Why Do I Find Myself In Toxic Relationships?

Read through the following factors and reflect on those that you can relate to:

1. Whirlwind Courtships

In a toxic relationship, you don't go through the normal progression of discovering your new lover. This whirlwind courtship might be thrilling, but it often provides pseudo-intimacy rather than genuine closeness.

How this factor manifested in my relationships:

2. Idealization

Rather than seeing each other realistically, in a toxic relationship, both people ignore and block anything that contradicts the "ideal" image they have of each other.

They reason that "if he makes me feel great, then he must be great."

How this factor manifested in my relationships:

3. Rescuing

Rescuing helps create a bond that makes the rescuer or the caretaker feel needed and in control.

Rescuing also helps keep the rescuer holding onto the belief that through their help, the other partner will change and become a different person.

How this factor manifested in my relationships:

4. Rationalizing their Behavior

Rationalization is about making the unacceptable acceptable.

It's our way of making sense of confusing situations.

It's different from ignoring red flags in that we see and acknowledge the warning signs and we relabel them.

You may find yourself saying something like, "Yes, he says horrible things about his exes, but I can't blame him because they were mean to him and nobody understood him like I do," or, "I know he called me names and humiliated me in front of my friends, but he's just under pressure right."

How this factor manifested in my relationships:

5. Stockholm Syndrome

An abusive partner is not angry or critical all the time.

Between their outbursts, they can be as charming and kind as when you first met them.

However, we may choose to see those sparse good times as the “real them” and the ugly times as just a “bad dream.”

This is very much like gambling. The promise of winning can keep you hanging in there even when you’re clearly losing more than winning.

It becomes addictive.

Stockholm syndrome describes this pattern of ascribing good motives to people who are hurting you.

Sociologists named this type of behavior *Stockholm Syndrome* after analyzing and observing how captives started defending their captors instead of hating them during a bank robbery in Sweden.

How this factor manifested in my relationships:

Observe Your Reactions

Observation gives you distance from the turmoil. When you're observing your reaction to your partner's attacks, you're less likely to feel overwhelmed by your emotions.

Every time you feel attacked by your partner, watch your reactions and write down how you felt and what you did, and take note of how long it lasted.

* Every time my partner is upset with me I feel_____

(e.g. angry, hurt, outraged, defenseless, scared, overpowered, etc.)

* Every time my partner is upset with me I react by_____

(e.g. apologizing, pleading, crying, defending myself, arguing, etc.)

As you become more mindful of your reactions, you'll notice that they'll become more predictable and less intense. You'll feel more in control.

Counteract Negative Labels

Reflect on incidents when your partner attacked you and think of any names and labels they used against you, such as selfish, stupid, lazy, demanding, mean, etc. (use the list of primary personality traits at the end of the worksheets)

Write down a list of those labels.

What he says about me:

Counteract these negative labels by writing down a list of positive qualities you know you possess or other people have used to compliment you.

What I really am

You can also make your positive traits a direct rebuttal to your partner's negative labels.

For example, in front of “selfish”, write down “considerate”

Visualization Exercise

This visualization exercise will help you counter your partner's negative labels for you.

1. Get comfortable and relax by taking a few deep breaths.
2. Read over the negative and positive labels you just identified.
3. Picture yourself as a house around which there is a wall made of your positive labels.
4. Now imagine your partner's negative labels as stones being thrown at the house and hitting the protective wall. They are ineffective against your positive labels.
5. Allow yourself to feel empowered each time a stone hits the wall.

Notes:

Comfort Yourself

People in toxic relationships tend to spend a great deal of their time and energy taking care of other people.

It is important that you start doing the same for yourself.

Write down a list of things you would do to comfort a loved one:

- ☐ Assure them that everything is going to be okay.
- ☐ Buy them something that would please them.
- ☐ Fix their favorite meal or snack.
- ☐ Hug them.
- ☐ Listen to them.
- ☐ Stroke them.
- ☐ Suggest they take a soothing hot bath.
- ☐ Suggest they get a massage.
- ☐ Go out to lunch with them.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

You deserve the same kindness you show others.

Using the list above, write down a list of special things you can do to comfort yourself. Do at least one of these activities each day.

[illegible]

Identify Abuse In Childhood

It's likely that abuse didn't begin with your partner.

Reflect on your childhood and identify incidents when you felt small, put down, or inadequate.

Think of a child who reminds you of yourself. This child could be someone you know or someone you saw on the playground or on the internet.

Now, imagine the same incident from your childhood happening to this child. Does this child deserve the names you've been called or the treatment you received?

Try to extend the same compassion to your younger self. Write down everything you'd like to tell your younger self:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Once done, try to close your eyes, relax, and remember a wonderful experience in your life. Relive the experience in your mind with all the physical and sensual memories around it.

This will help you soothe and calm yourself.

Revise Old Opinions

As children, we take our parent's opinion of us as our truth.

We may not be able to recognize that many of these opinions were the words of an angry, critical parent, rather than facts.

1. Write down a list of your parents' negative opinions of you:

(e.g. I'm inadequate, I'm talentless, I'm selfish, I'm an embarrassment to my family, I'm disappointing, I'm ungrateful, etc.)

You may find it helpful to write down the list of negative opinions on a piece of paper and tear the list into as many pieces as possible and burn the shreds safely.

2. Now, think of an adult from your childhood who had been consistently kind and supportive and who said positive things about you, such as a grandparent, a teacher, a neighbor, etc.

Write down a list of this person's positive opinions of you:

(e.g. I'm smart, I'm generous, I'm a hard worker, I'm lovable, I'm a joy to have around, etc.)

If you can't think of a supportive person from your childhood, try imagining one and imagine what they would tell you if they were to show kindness and support. Ask yourself, what would I tell an innocent child?

Release The Anger

Get in Touch with Childhood Anger

Anger serves a purpose. It can motivate people to solve problems, confront injustice, and create meaningful social change.

Without anger, you'll unlikely to feel injustice when treated poorly by your partner. This is why it is important to become aware of your anger and learn to release it in healthy ways.

Reflect on childhood incidents when you were put down or treated poorly. Write down a letter to your primary caregiver, expressing all the anger you've never been able to express.

Begin with "How dare you..." and finish the sentence.

How dare you _____

How dare you _____

How dare you _____

How dare you _____

How dare you _____

How dare you _____

How dare you _____

How dare you _____

For many people verbally expressing anger is not enough to release it.

Use physical exercise to release any leftover anger:

☐ Play tennis, boxing, or other aggressive sports

☐ Dance your anger out

☐ Go for a run

☐ _____

☐ _____

☐ _____

☐ _____

Note: Experimental studies have shown that physical catharsis (such as throwing or breaking things or yelling) reinforces anger and increases aggression rather than reducing it.¹

¹ <http://www-personal.umich.edu/~bbushman/PSPBo2.pdf>

Get in Touch with Anger at Your Partner

Write a letter to your partner that you do not send.

The purpose here is to help you connect with your own thoughts and feelings about the relationship.

Write about the following:

- What they did to you
- How it affected your life

[illegible]

Note:

Connecting with your anger toward your partner is likely to motivate you to do something immediately.

Unless you are in physical danger, do not make any major life decisions right away.

Also, don't show them the letter or confront them. They'll probably discount your feelings, deny anything has happened, blame you for everything, intimidate you, etc.

Instead, find an outlet for your anger. Engage in physical activity as much as you need to release anger and tension.

Should You Leave? Should You Stay?

Making a decision to leave a toxic relationship isn't always easy.

List the reasons for leaving or staying in the relationship and rate each item on your list on a scale from 0 to 5 with 0 being unimportant and 5 being really important.

Reasons for staying in the relationship:

(e.g, I love them, I can't bear to hurt them, they need me, I don't want to be alone again, it is still better than nothing, etc.)

Reasons for staying in the relationship	score
Total	

Reasons for leaving the relationship:

(E.g, I can't seem to be enough for them, nothing I do is ever good enough for them, they humiliate me in front of other people and treat me poorly, they make me feel terrible about myself, they won't get help or take responsibility for any of their problems, etc.)

Reasons for leaving the relationship	score
Total	

If you choose to leave, keep in mind that it is normal to experience feelings of guilt and fear. You may doubt your ability to survive without your partner or find another partner or feel obliged to take care of them.

If you choose to stay, it's important to keep in mind that you can only change your own reaction. But even if changing your behavior doesn't change the relationship as much as you'd want, it will still help you to feel a lot better about yourself.

Also, while working on your past wounds may involve overwhelming or painful emotions, working on your toxic relationship is more behavioral in nature, rather than emotional.

It involves some risk-taking, so make sure it's safe enough for you to make changes.

The goal here is not to change him, but to change how he treats you.

If You Choose To Stay

Express Your Feelings And Needs

For most people in toxic relationships, their needs and feelings are given little to no consideration.

Add more phrases into your vocabulary to express your feelings and needs. The following are some examples:

- ☐ This is how I feel.
- ☐ This is what I want.
- ☐ This is what I think.
- ☐ This is what I believe.
- ☐ This is what I will do.
- ☐ This is what I will not do.
- ☐ _____
- ☐ _____

At the same time, decrease the use of phrases like:

- ☐ I'm sorry.
- ☐ Is this okay?
- ☐ Do you like it?
- ☐ Do you agree with me?
- ☐ If you're going to get upset, I'll do what you want.
- ☐ _____
- ☐ _____

The goal here is to have a relationship where two different opinions can coexist.

Define What You Want From Your Partner

The better you define your needs, the better are your chances of getting them.

Write down a list of things you want from your partner. The following are some examples. Check off the ones you relate to and add ones of your own:

Note: use the *Personal Bill of Rights* on the next page to help you identify your needs

- ☐ I want a voice in making decisions that affect both of us.
- ☐ I want kindness.
- ☐ I want respect.
- ☐ I want my sexual needs to be considered.
- ☐ I want to be allowed to express myself.
- ☐ I want to be allowed to have my own beliefs and opinions.
- ☐ I want to be heard.
- ☐ I want to be taken seriously.
- ☐ I want understanding.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal Bill of Rights

- ☐ I have the right not to be responsible for the actions and problems of others.
- ☐ I have the right not to justify my behavior and my decisions.
- ☐ I have the right to ask for what I want.
- ☐ I have the right to be angry at someone I love.
- ☐ I have the right to change my mind.
- ☐ I have the right to determine my own priorities.
- ☐ I have the right to expect honesty and respect from others.
- ☐ I have the right to express all of my feelings—positive and negative.
- ☐ I have the right to feel safe, and be in non-abusive relationships.
- ☐ I have the right to follow my own values and beliefs.
- ☐ I have the right to make mistakes.
- ☐ I have the right to say no to anything that conflicts with my values.
- ☐ I have the right to say no to demands that I cannot meet.
- ☐ I have the right to say, “I don’t know.”
- ☐ I have the right to be healthier than those around me.
- ☐ I have the right to be myself.
- ☐ I have the right to change and grow.

Define Things You Want For Yourself

It is also important to get in touch with some of your important personal goals. Focus on tangible goals rather than vague ones, such as “I want to be happy.”

The following are some examples. Check off the ones you relate to and add ones of your own:

- ☐ I want to go back to school.
- ☐ I want to spend more time with friends and/or family.
- ☐ I want to get a job.
- ☐ I want to improve my career.
- ☐ I want to pursue my interests.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Don't Feed Your Partner's Bad Behavior

People in toxic relationships tend to handle attacks from their partners in a way that feeds and reinforces the abuse.

Identify reactions you'd usually have to your partner's attacks.

The following are some examples. Check off the ones you relate to and add ones of your own:

- ☐ Apologizing
- ☐ Pleading
- ☐ Crying
- ☐ Arguing
- ☐ Defending yourself
- ☐ Trying to get your partner to see it your way
- ☐ Yelling
- ☐ Threatening
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Such reactions will likely leave you feeling overwhelmed, helpless, hysterical, and out of control and will give your partner the opportunity to continue their outbursts.

Recognize That You're Not Responsible For Your Partner's Actions

Reflect back to a recent attack or outburst your partner had.

Answer the following questions:

- Is constant criticism and blame-shifting part of a loving relationship?

- Does anyone have the right to treat another human being the way they're treating me?

- Would any reasonable person get so angry over the same incident my partner got so angry over?

Define Things You Would No Longer Allow

1. Make a list of things and behaviors that you would no longer allow and tolerate.

The following are some examples. Check off the ones you relate to and add ones of your own:

- ☐ I won't allow them to belittle me.
- ☐ I won't allow them to constantly criticize me.
- ☐ I won't allow them to control me and tell me what to do.
- ☐ I won't allow them to humiliate me.
- ☐ I won't allow them to insult me.
- ☐ I won't allow them to yell at me.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Use assertive statements to reinforce your limits:

- ☐ I know that this has always worked before, but it's not going to work anymore.
- ☐ I will not accept being criticized by you.
- ☐ I will not discuss this topic with you until you've calmed down.
- ☐ I will not stand here and be yelled at.
- ☐ It is not okay for you to talk to me this way.
- ☐ It is not okay for you to treat me this way.
- ☐ Someone who cares about me would never treat me this way.
- ☐ Yelling isn't going to work anymore.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Rehearse

Making changes is not easy.

It's helpful to rehearse what you want to say or do differently.

1. Put two empty chairs across from each other. Sit on one and picture your partner sitting on the other one.
2. Imagine that they have started an attack on you.
3. Choose one assertive statement from the list above, such as "It is not okay for you to talk to me this way," and say it out loud.

Repeat until it becomes natural and believable.

4. Now, imagine your partner reacting to what you just said. Allow yourself to experience whatever emotional or physical reactions you usually have when the argument escalates (e.g. anxiety, fear, anger, etc.)
5. Continue responding using only assertive statements.

Notes:

Change Your Old Beliefs

1. Think about what goes through your mind during an argument with your partner and write down a list of those thoughts. (Use the list of thoughts you've identified on page 6)

- ☐ Something bad is going to happen to me.
- ☐ He is going to leave me.
- ☐ It's never going to change.
- ☐ There is no way out.
- ☐ Nothing I can do will make a difference.
- ☐ It's all my fault. I need to become a worthier person.
- ☐ I'm weak.
- ☐ I'm selfish and inconsiderate.
- ☐ I am needy.
- ☐ I'm helpless.
- ☐ He won't ever take me seriously.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Replace those old thoughts with new, more empowering ones:

- ☐ He's responsible for his behavior, not me.
- ☐ He's behaving like a big baby.
- ☐ I'm an adult.
- ☐ Yelling can't break me.
- ☐ I can stand how I'm feeling.
- ☐ I don't have to fix things.
- ☐ Who I am is not dependent on his opinion of me.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Reinforce Positive Behavior

Express appreciation when your partner is being kind and loving.

Begin with the following phrases:

- I love it when you ...
- I really appreciate it when you ...
- It really makes me feel good when you ...
- It was nice of you to ...
- Thank you for ...

Write down a list of recent positive things your partner did or said:

If You Choose To Leave

Explore Your Fears

Fears are usually expressed in absolutes, such as “always,” and “never.”

Write down a list of fears you have around leaving the relationship. The following are some examples:

- ☐ I'll never find anyone else.
- ☐ I can't make it without them.
- ☐ I will be alone forever.
- ☐ I won't be able to handle the children by myself.
- ☐ I'll never be able to support myself and/or the children.
- ☐ Everyone will see me as a failure.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Convert Your Fears Into Solvable Problems

Turn your fears into manageable problems by using phrases such as

- “It will be difficult to... but I will...”
- “It’s going to be tough to... but I can ...”

e.g., “I can’t make it without them,” becomes, “I know it’s going to be tough to be without him, but I can ask for support from my friends and family.”

Go over the list of fears you’ve identified and turn them into manageable problems

Fear: _____

Manageable problem: _____

Fear: _____

Manageable problem: _____

Fear: _____

Manageable problem: _____

Fear: _____

Manageable problem: _____

Primary Personality Traits

List of Negative Traits

Abrasive	Compulsive	Disorganized	Hateful
Abrupt	Conceited	Disrespectful	Hedonistic
Aimless	Condemnatory	Domineering	Hesitant
Aloof	Conformist	Dull	Hostile
Amoral	Confused	Easily	Ignorant
Angry	Contemptible	Discouraged	Impatient
Anxious	Conventional	Egocentric	Impractical
Apathetic	Cowardly	Envious	Imprudent
Argumentative	Crafty	Erratic	Impulsive
Arrogant	Crazy	Escapist	Inconsiderate
Artificial	Criminal	Extravagant	Incurious
Asocial	Critical	Extreme	Indecisive
Barbaric	Crude	Faithless	Indulgent
Bizarre	Cruel	Fanatical	Inert
Bland	Cynical	Fanciful	Inhibited
Blunt	Deceitful	Fawning	Insecure
Boisterous	Delicate	Fearful	Insensitive
Brittle	Demanding	Fixed	Insincere
Brutal	Dependent	Foolish	Insulting
Calculating	Desperate	Forgetful	Intolerant
Callous	Destructive	Fraudulent	Irrational
Careless	Devious	Frivolous	Irresponsible
Cautious	Difficult	Gloomy	Irritable
Charmless	Dirty	Graceless	Lazy
Childish	Dishonest	Grand	Malicious
Clumsy	Disloyal	Greedy	Mannerless
Cold	Disobedient	Grim	Mechanical

Meretricious	Presumptuous	Tasteless	
Messy	Pretentious	Tense	
Miserable	Procrastinating	Timid	
Miserly	Provocative	Troublesome	
Misguided	Quirky	Unappreciative	
Moody	Reactive	Uncaring	
Morbid	Regretful	Uncharitable	
Naive	Repressed	Unconvincing	
Narcissistic	Resentful	Ungrateful	
Narrow-minded	Ridiculous	Unhealthy	
Negative	Rigid	Unreliable	
Neglectful	Ritualistic	Unstable	
Neurotic	Sadistic	Venomous	
Nihilistic	Scornful	Vindictive	
Obnoxious	Secretive	Vulnerable	
Obsessive	Selfish	Weak	
Oblivious	Self-indulgent	Weak-willed	
Odd	Shallow	Wishful	
Opinionated	Shy		
Opportunistic	Silly		
Outrageous	Slow		
Paranoid	Stiff		
Passive	Strong-willed		
Perverse	Stupid		
Petty	Submissive		
Possessive	Superficial		
Power-hungry	Superstitious		
Predatory	Suspicious		
Prejudiced			

List of Positive Traits

Accessible	Colorful	Efficient	Heroic
Active	Compassionate	Elegant	Honest
Adaptable	Conciliatory	Eloquent	Honorable
Admirable	Confident	Empathetic	Humble
Adventurous	Conscientious	Energetic	Humorous
Agreeable	Considerate	Enthusiastic	Idealistic
Alert	Constant	Exciting	Imaginative
Ambitious	Contemplative	Extraordinary	Impressive
Amiable	Cooperative	Fair	Independent
Appreciative	Courageous	Faithful	Innovative
Articulate	Courteous	Farsighted	Insightful
Aspiring	Creative	Firm	Intelligent
Assertive	Curious	Flexible	Intuitive
Athletic	Daring	Focused	Invulnerable
Attractive	Decent	Forceful	Kind
Balanced	Decisive	Forgiving	Knowledge
Benevolent	Dedicated	Forthright	Liberal
Brilliant	Deep	Friendly	Logical
Calm	Dignified	Fun-loving	Lovable
Capable	Directed	Gallant	Loyal
Captivating	Disciplined	Generous	Many-sided
Caring	Discreet	Gentle	Masculine
Challenging	Dramatic	Genuine	(Manly)
Charismatic	Dutiful	Good-natured	Mature
Charming	Dynamic	Gracious	Methodical
Cheerful	Earnest	Hardworking	Meticulous
Clean	Ebullient	Healthy	Moderate
Clear-headed	Educated	Helpful	Modest

Neat	Reliable	Sweet	
Objective	Resourceful	Sympathetic	
Observant	Respectful	Systematic	
Open	Responsible	Tasteful	
Optimistic	Responsive	Thorough	
Orderly	Romantic	Tidy	
Organized	Sage	Tolerant	
Passionate	Sane	Trusting	
Patient	Secure	Uncomplaining	
Peaceful	Selfless	Understanding	
Perceptive	Self-reliant	Vivacious	
Perfectionist	Self-sufficient	Warm	
Persuasive	Sensitive	Well-bred	
Playful	Sentimental	Well-read	
Polished	Serious	Wise	
Popular	Sexy	Witty	
Practical	Sharing	Youthful	
Precise	Simple		
Principled	Skillful		
Profound	Sociable		
Protective	Solid		
Prudent	Sophisticated		
Punctual	Spontaneous		
Purposeful	Stable		
Rational	Steady		
Realistic	Stoic		
Reflective	Strong		
Relaxed	Studious		
	Subtle		

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess coercive control, retaliation risk, stalking, physical/sexual violence, dependent adults/children, immediate safety, trauma symptoms, depression/anxiety, substance use, and jurisdiction-specific reporting or resources.

Document-specific corrections

- Use behaviorally specific language: coercive control, intimidation, degradation, stalking, physical/sexual violence rather than treating ·toxic relationship· as a diagnosis.
- Do not use conjoint exercises, confrontation, disclosure, or ·stay/leave· decision sheets before private safety and retaliation assessment.
- Remove personality-trait inference about the harmed person and do not imply childhood history caused or invited abuse.
- Replace anger-release claims with evidence-aligned emotion regulation that does not increase aggression or contact risk.
- Verify or replace the University of Michigan PDF URL on page 22 and cite the original peer-reviewed evidence if retained.

Measures, scoring, and permissions

- Pages [1, 3, 5, 6, 7, 25, 26]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.
- Screen privately for coercive control, stalking, retaliation, sexual coercion, financial abuse, and violence. Conjoint disclosure or repair work may be contraindicated when safety or free participation is compromised.

Crisis and current resources

- United States: National Domestic Violence Hotline, <https://www.thehotline.org/> and 800-799-SAFE; use local equivalents outside the U.S.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.who.int/news-room/fact-sheets/detail/violence-against-women>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>

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- <https://988lifeline.org/>