

Pathways Institute for Impulse Control
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Partners Questionnaire

1. Are you preoccupied with worry about your partner's behaviors?
2. Have you lied or covered up for you partner?
3. Have you tried to exert control over your partner's behaviors?
4. Have you done things at your partner's request that make you feel uncomfortable or you don't like?
5. Are you confused and don't understand what an impulse disorder is and why your partner can control some of his/her behavior but not others?
6. Are you often angry and resentful of your partner and their behaviors?
7. Are you feeling isolated, scared and lonely? Are you feeling depressed and overwhelmed?
8. Do you feel somehow responsible for your partner's behavior and/or their ability to change?
9. Do you find yourself more concerned about your partner's life, problems and issues at the expense of taking care of yourself?
10. Have you stopped having fun and exploring your interests and creative passions?
11. Is it hard for you to say no or set and keep your boundaries?
12. Do you have a family history or relationship history of impulse disorders?
13. Have you known about your partner's impulse disorder for a long time but been afraid to get help for you and your family?
14. Are you worried about your children and what having a parent with an impulse disorder means to them and their lives?
15. Have you been over-compensating and taking on more responsibilities such as the childcare or the finances?
16. Are you feeling ashamed and unable to talk to others in your life about the impact of your partner's behaviors in your life?
17. If your partner is in treatment, are you impacted by the volatility of moods that often occurs in early treatment?
18. Are you on emotional alert for signs and signals that you partner is relapsing and acting-out?
19. Is your relationship with your recovering partner changing and you are feeling lonely, lost or confused?
20. Do you find yourself "spying" or "checking" on your partner's behaviors because you have stopped trusting what your partner tells you?
21. Do you find yourself wondering if you can trust anything your partner says?

***If you have answered YES to any of these questions you could benefit from a professional evaluation. Please contact Pathways Institute for Impulse Control for information about treatment. All inquiries are strictly confidential.**

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