



Relationship Check Worksheet FOR WOMEN

Directions: Read through this list of behaviors carefully. Check each box that describes a behavior you have observed in your husband/partner/significant other.

1. FINANCES

- Secretive about income and expenses
- Using cash transactions more often
- Odd receipts, bills, or packages have appeared
- Using new credit cards
- Substantial sums of money “missing”
- He has given you unexpected gifts

2. SECRECY

- Has a PO box or mail drop
- Strange phone numbers have appeared on caller ID
- Has closed or moved bank accounts, safe deposit box
- Important family documents missing
- Evasive answers or contradictory information
- Cell phone bill is hidden

3. INTERNET/MEDIA

- Late hours on internet
- Large amount of time online
- Clears history before signing out
- Opened new email accounts
- Changes screen when you enter room
- Visits chat rooms, message boards, online dating
- Computer passwords changed or added
- Tastes in music, radio have changed

4. SCHEDULE

- Frequent unexplained whereabouts
- Odd or unpredictable work hours
- Less time with children
- Weak excuses for missing family events
- Last-minute schedule changes
- Calls often to check on your whereabouts
- Claims to be “out with the boys” more often

- Showers first thing upon returning home

5. TRAVEL

- New, increased, or unexplained business travel
- Excessive mileage on car
- Business trips on weekends
- Travels with women
- Cancels or shortens family or couple vacations

6. HOSTILITY

- Defensive when asked questions
- Accuses you of being paranoid
- Suggests you need counseling
- Resists or refuses marriage counseling
- Your faults becoming big issues
- Increasingly argumentative
- Has threatened or assaulted you
- Becoming more distant, withdrawn

7. NEW IMAGE

- Sudden change in his appearance, more youthful
- Visits tanning salons
- Weight loss, diet
- Getting massages
- New wardrobe, new style
- Working out at the gym
- Hair treatments—color, style, implants
- Purchase of a recreational vehicle (boat, ATV, sports car, snowmobile, etc.)
- Change in drinking habits
- Use of illegal substances

8. DISCONNECTING WITH YOU

- Substantial decline in intimacy
- Decrease in affection (handholding, kisses, eye contact)
- Has dropped or changed terms of endearment
- Diminished conversation
- You’ve been diagnosed with a new STD

- Doesn’t take or return your calls; difficult to reach

9. DISCONNECTING WITH OTHERS

- Decrease in family interaction and traditions
- Won’t participate in religious activities
- No charitable service or community involvement
- Reduced association with former friends and extended family

10. NEW CONNECTIONS

- Has new set of friends
- Associates with singles (both never-married and divorced)
- New friends have different values from his former life
- Traces of alcohol, tobacco, incense, marijuana, or strange perfume
- New cell phone or pager
- Receives or sends text messages at odd times
- Slips into another room to take calls
- Checks messages then deletes quickly
- Keeps cell phone on “silent”

11. BRAZEN BEHAVIOR

- Flirtatious behavior toward other women
- Alludes to possible affair
- Mentions past relationships in glowing terms
- Condoms, sex toys, lubricants stored in odd places
- Evidence of an ED prescription
- Discusses and defends infidelities of others
- Has left evidence of new activities or interests in car
- Has mistakenly called you by another name