

# COP TO IT

We can all be challenging sometimes.

Sometimes "I'm Sorry" doesn't do the trick. Without getting defensive, try acknowledging something you tend to do or be like in relationships like:

Abrasive  
Absent  
Absolutist  
Abusive  
Aggressive  
Anxious  
Apathetic  
Argumentative  
Arrogant  
Attention Seeking  
Avoidant  
Bossy  
Boundary-less  
Cold  
Competitive  
Condescending  
Conflict Avoidant  
Confrontational  
Controlling  
Critical  
Defensive  
Demanding

Dependent  
Dishonest  
Dismissive  
Disrespectful  
Distant  
Enraged  
Entitled  
Evasive  
Gaslight  
Greedy  
High Expectations  
Hold Grudges  
Hostile  
Hurt In Return  
Hypersensitive  
Insecure  
Invalidating  
Jealous  
Judgemental  
Lazy  
Make Assumptions  
Manipulative  
Mistrusting  
Needy  
Negative  
Obsessive  
Over-Analytical  
Overly Agreeable  
Passive Aggressive  
Perfectionist  
Petty

Picky  
Place Blame  
Play Dumb  
Possessive  
Preachy  
Push Buttons  
Reactive  
Reckless  
Resentful  
Rigid  
Rude  
Sarcastic  
Self-Centered  
Selfish  
Shaming  
Snarky  
Sneaky  
Stonewall  
Tactless  
Talkative  
Thoughtless  
Toxic Positivity  
Try to Fix  
Unaffectionate  
Unrealistic  
Uptight  
Vindictive  
Violent  
Withdrawing  
Withholding  
Yell