

ALIENATING BEHAVIOR PATTERN*

Alienating behaviors of an individual create energy forces within relationships that cause others to withdraw from and avoid being with the individual presenting such behaviors. Identified below are summary descriptions of traits of alienating behaviors.

INSTRUCTIONS: By circling one of the numbers ½ or 1 or 1½ or 2, and then adding up the circled numbers, a person can assess their perception of the level of an ALIENATING BEHAVIOR PATTERN someone has [himself/herself or another]. The least intense pattern is typically a "0", with the intensity increasing to the typically most alienating pattern being a "10".

0 → Code's 1st Names: = _____ 0 = _____

- ½ 1 1½ 2 **ANGER**
characterized by the clear presence of **anger** and the inclination to be **critical, argumentative, and punitive** in attitude and expression.
- ½ 1 1½ 2 **ANGER + DOMINANCE**
characterized by sufficient confidence and assertiveness to express ones **resentment** and **anger** in various bossy, controlling and **manipulative** ways.
- ½ 1 **ANGER + DOMINANCE + INDIFFERENCE**
characterized by a **lack of concern** and **little consideration for the needs of others** in addition to the expression of anger in various bossy and controlling ways. When **apathy is added** to ones **anger** and **dominance**, the behavior pattern frequently exhibits the traits that one tends to be unsentimental, suspicious, cynical stern, impertinent, demanding, headstrong, rebellious, or tyrannical.
- ½ 1 **ANGER + DOMINANCE + INHIBITEDNESS**
characterized by the above except the individual has **difficulty in giving expression to any warm, tender, sympathetic or empathic feelings** that may or may not exist. Persons with this trait may also be **unsentimental, cynical, unconcerned with making friends or loyalty to friends, unaffectionate, unforgiving, disinterested in the personal problems of others, impenitent, expedient, apathetic, unblameworthy when things go wrong, overly critical, easily angered, prone to attack contrary points of view, demanding of attention, headstrong, rebellious, and revenge-seeking.**

½ 1 ANGER + DOMINANCE + INTENSE FEELINGS
 characterized by most of the above, but the **feelings are so subjectively intense inside** the individual that this person is **preoccupied with himself or herself to the exclusion of conscious consideration for others**, likely to be so **emotionally biased or influenced** that the **positions taken and arguments offered may be distorted and without much validity.**

½ 1 ANGER + DOMINANCE + IMPULSIVENESS
 characterized by most of the above, and added to these traits the individual **lacks self-control**, and **expresses anger and rage in such bossy and controlling ways without considering the possible consequences** of such behavior. Individuals with these characteristics tend to **stimulate in others a “be on guard” apprehensiveness**, as if **one never knows when the impulsive individual is about to explode.**

½ 1 1½ 2 ANGER + DOMINANCE + ARROGANCE
 characterized by most of the above, and added to these traits one behaves **defensively and possesses an unwillingness or inability to see or assess oneself honestly and objectively.** Also suggested by this **overly confident, tin god trait** there is likely **a denial of weakness or shortcomings, a denial of having problems, and resistance to changing any behavior or a need for a change in behavior.**

_____.

___ / 10 Total Maximum - Self [presuming no physical contact with behavior]
 [Scores can exceed 10 when abusive physical contact is present]

___ / 10 Score of an individual observed [wife husband son daughter _____]

* Source: Summarized from the **Handbook for the Taylor-Johnson Temperament Analysis**. Psychological Publications, Inc.. 1992.

* This questionnaire is provided compliments of **Chaplain Roy B. Nash**. M. Div., LMFT, LCPC, a Marriage and Family Therapist and certified Pastoral Counselor, serving in an endorsed United Methodist ministry called **BELIEF-FOCUSED CARE & HEALING**, 5004 Eagle Ridge, Springfield, IL 62711-7830. www.roynash.com.