

A FREE GUIDE FROM LOVE UNHOOKED

Is It Me?

A pattern check for when you can't tell anymore

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BEFORE YOU START

This isn't a test.

If you're asking "is it me?", you've probably been asking it for a while. Maybe after arguments that somehow ended with you apologizing. Maybe after being told you remembered something wrong, again.

This guide can't diagnose you or anyone else, and it doesn't give you a score. It does something simpler: it helps you look at patterns, the things that keep happening, instead of any single bad day.

Every relationship has hard seasons. People get stressed, say things they regret and misremember. What we're looking for here is different: a steady pattern that leaves you afraid, alone, or doubting your own mind.

How to use it

1. Find a private moment. If your phone or computer isn't private, keep this somewhere only you can reach.
2. Check a statement only if it has happened more than once in the last few months.
3. Go with your first answer. You can always come back to it.
4. Read "What your answers might mean" at the end. Then, if you want, talk it through with someone you trust.

CHECK WHAT'S HAPPENED MORE THAN ONCE

When there's conflict

- [ ] 01 I rehearse what I'll say so I don't set them off.
- [ ] 02 Arguments end with me apologizing, even when I'm not sure what I did.
- [ ] 03 Their apologies sound like "I'm sorry you feel that way."
- [ ] 04 When I bring up a problem, we end up talking about my reaction instead.
- [ ] 05 They go quiet for days until I give in.

My sense of what's real

- [ ] 06 I've been told "that never happened" about things I clearly remember.
- [ ] 07 I've started checking my memory with notes, screenshots or friends.
- [ ] 08 I'm told I'm "too sensitive" when I'm hurt.
- [ ] 09 I leave our conversations feeling confused more often than understood.
- [ ] 10 I second-guess decisions I used to make easily.

CHECK WHAT'S HAPPENED MORE THAN ONCE

My world

- [ ] 11 I see friends or family less than I used to, and it isn't fully my choice.
- [ ] 12 I hide parts of the relationship from people who care about me.
- [ ] 13 I've given up hobbies, opinions or plans to keep the peace.
- [ ] 14 My money, my phone or my time is watched or controlled.
- [ ] 15 I feel more like myself when they're not around.

The pull

- [ ] 16 Good days feel more like relief than joy.
- [ ] 17 I keep waiting for the "old them" to come back.
- [ ] 18 I've left, or tried to, and gone back.
- [ ] 19 I make excuses for them to other people.
- [ ] 20 Part of me knows, and part of me hopes I'm wrong.

WHAT YOUR ANSWERS MIGHT MEAN

No score. Just patterns.

If you checked only a few,

you may be in a hard season, or there may be one area that needs attention. Notice which section they fell in. A conversation, with your partner or with a therapist, might help.

If most of your checks fall in one section,

that's the pattern to watch. For example, checks in "My sense of what's real" often mean you've been taught to trust their memory over your own. Writing things down can help you see clearly again.

If you checked many, across several sections,

the pattern is worth taking seriously. It doesn't mean you did something wrong, and it doesn't mean you have to decide anything today. It does mean you deserve support from someone outside the relationship: a trusted friend, an advocate, or a licensed therapist.

Whatever you checked,

you noticed. That's where getting unhooked starts.

One small step this week:

Tell one safe person the truth about what's been happening. You don't need a plan first.

YOUR SAFETY COMES FIRST

Reach out today if:

- You're afraid of what your partner might do.
- They have hurt you, threatened you, or choked or strangled you, even once.
- They have threatened to hurt themselves, your children or your pets.
- They control where you go, who you see, or your money.
- You're thinking about leaving and worry about how they'll react.

National Domestic Violence Hotline

Call 1-800-799-7233 · Text START to 88788 · thehotline.org

988 Suicide & Crisis Lifeline

Call or text 988

In immediate danger

Call 911

Leaving or pulling back can be the most dangerous time. An advocate can help you make a safety plan first. Calls and texts are free and confidential.

If your devices aren't private, consider using a friend's phone or a library computer, and clearing your browser history after visiting these sites.