



The following assessment was taken from information compiled by Meier & Wise, in their book, *Crazymakers*, published by Thomas Nelson Publishers, 2003.

This is a questionnaire to help you decide if the difficult person in your life is “crazymaking.”

Is it them or is it me, you might often ask yourself!

This person:

- Always promotes his or her own self-image.
- Does not have a sense that he or she should be more tactful.
- Treats disagreement or disobedience as disloyalty.
- Seems to be insensitive to how he or she affects others.
- Does not appear to care about others, except for maintaining adoration.
- Can be manipulative and controlling.
- Will resort to put-downs or highly critical judgments.
- Seems to think he or she has a right to ignore others.
- Rarely admits personal failure and is adept at blame-shifting.
- Sometimes treats other people like things or objects.
- Is good at convincing you of his or her goodness---and of your badness.

It could be that ALL of us have a little bit of the traits from time to time, but if your difficult personality consistently follows many of these patterns, it is important for you to learn how to navigate this relationship without letting it diminish your own identity.

*This is a simple inventory of traits, it is not a scientific or viable source for mental health diagnosis.*