VILLAIN CRITIC

> "Blame has an inverse relationship with responsibility. Responsibility by definition by is a vulnerable process. Blaming is one of the reasons we miss opportunities for connection."
> Brene Brown, PhD

SOUNDS LIKE

- You should/shouldn't _____
- You're wrong about _____
- You're _____
- Tend to sound stern, aggressive, abusive or parental (critical)
- Telling others right from wrong
- Mandating your values, beliefs, perceptions and morals on others
- Bossy, critical, controlling, nitpicky, distrusting or opinionated

FEELS LIKE

- Over-responsible, exhausted, parental, critical, serious or the 'bad guy'
- Need to be 'right' and 'win' arguments to feel lovable or respected
- Despise feeling wrong, imperfect, powerless or vulnerable (being right or perfect gives a false sense of connection, power and respect)
- Pressure to be perfect and have to have it all figured out
- Rigid, prickly, judgmental and possibly resentful
- Expect others to know what your wants and needs are to feel respect
- Hypercritical of others and partner

Important Note: Constantly finding faults, imperfections, reasons not to trust and mistakes your partner has made, gives you a false sense of safety, control and power-over (superiority).