

# Types Of High Maintenance Relationships

1. **The Critic** – constantly complains and gives unwanted advice
2. **The Martyr** – forever the victim and wracked with self-pity
3. **The Wet Blanket** – pessimistic and automatically negative
4. **The Steamroller** – blindly insensitive to others
5. **The Gossip** – spreads rumors and leaks secrets
6. **The Control Freak** – unable to let go and let be
7. **The Backstabber** – irrepressibly two-faced
8. **The Cold Shoulder** – disengages and avoids contact
9. **The Green-Eyed Monster** – seethes with envy
10. **The Volcano** – builds steam and is ready to erupt
11. **The Sponge** – constantly in need but gives nothing back
12. **The Competitor** – keeps track of every little thing
13. **The Workhorse** – always pushes and is never satisfied
14. **The Flirt** – imparts innuendoes, which may border on harassment
15. **The Chameleon** – eager to please and avoids conflict

## ACTION STEPS

- 1) **Where do you see “high-maintenance” characteristics in your life?** (*“And why beholdest thou the mote [i.e. a speck or splinter] that is in thy brother’s eye, but considerest not the beam that is in thine own eye? . . . Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother’s eye.” Matthew 7:3-5*)
- 2) **Set clear expectations and healthy boundaries in your relationships.**
- 3) **Remember you are fully responsible for your own behavior. Let others be responsible for theirs.**

Adapted from High-Maintenance Relationships: How to handle impossible people by Les Parrott, Tyndale House Publishers. Adapted by Apostolic Christian Counseling and Family Services ([www.accounseling.org](http://www.accounseling.org)). Can be freely copied and redistributed. Not to be sold.

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