



### **HIGH MAINTAINENCE PATTERNS OF BEHAVIOR**

1. The Critic – Complains and gives advice constantly – even when it is unwanted
2. The Martyr – The victim who does so much for others needed things go undone
3. Wet Blanket – Negative and can turn pessimistic
4. Steamroller – insensitive to the needs of others
5. Gossip – Talks to everyone but never solves anything
6. Control Freak – Finds it very hard to let go and make changes
7. Backstabber – Will tell you one thing but mean something else
8. Cold-shoulder – Disengages to avoid conflict
9. Green-eyed monster – envy
10. Volcano – Erupts after enough pressure builds over time
11. Sponge – always in need but gives nothing back
12. Competitor – Keeps track of everything (tit for tat)
13. Workhorse – always pushes but never satisfied
14. Flirt – spreads innuendoes
15. Cameleon – does not want conflict
16. Mr. or Mrs. No Compromise – “My way or the Highway”