

# 7 Characteristics of Hyper-Critical Mates

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## Synopsis

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Your mate has you walking on eggshells. It seems that no matter what you do, it isn't right. You are at your wits' end. These type of mates can make you feel crazy, frustrated, and chaotic. Maybe you are experiencing depression and anxiety. The gnawing feeling in the pit of your stomach. You wish that they would just be happy, and you feel responsible when they aren't happy.

You want your relationship to change. It can change. Arm yourself with a little education and greater coping skills to find a better balance with your critical mate. We can help you understand why they are the way that they are, and what you can do about it.

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## Reader's comments

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