

@Review of Behaviours

My Behaviour in Relationships

Answer the questions in each dimension according to this guide:

Never – 0 Rarely – 1 Sometimes – 2 Often – 3 Regularly – 4

Dimension		Score
Playing Together		
1	How often did you and your partner truly enjoy the same experience?	
2	How often did you and your partner do something impulsive and fun?	
3	Could you and your partner leave your burdens behind when you play together?	
4	Were you able to get each other laughing hard?	
5	Did you find yourselves amused in the same situations?	
Total for Dimension One		
Sharing Dreams		
1	How often could you and your partner share abstract thoughts and fantasies ?	
2	Did you feel that your partner is interested in your dreams?	
3	Could you welcome each other's philosophical and emotional thoughts?	
4	Did you allow each other to explore possible dreams without shutting them down?	
5	Did you feel free to share whatever was on your wish list?	
Total for Dimension Two		
Trust		
1	Did you talk to your partner about important thoughts and feelings without fear of distress?	
2	When you were concerned about something important, did you feel your partner would listen deeply to your feelings?	
3	Could you count on your partner to be there when you need him or her?	
4	Did you consider your partner to be your closest friend?	
5	Did you trust your partner to hold your inner thoughts and feelings sacred?	
Total for Dimension Three		

Working as a Team		
1	When there was a job to be done, could you count on your partner to do their part?	
2	Did you believe your partner delivers on their promises?	
3	Could you trust your partner to let you know if he could not complete his promised commitment?	
4	Did you feel comfortable with the distribution of responsibility and effort when you worked together?	
5	Could you talk things over when you disagreed and come to a better solution?	
Total for Dimension Four		
Conflict Resolution		
1	Did you feel you could settle disagreements fairly?	
2	When you were in conflict, did you listen openly to your partner's point of view?	
3	Did you feel your partner could listen and respect your desires when they were in conflict with his?	
4	Did your solutions consider both of your desires?	
5	If asked, could you represent your partner's position accurately?	
Total for Dimension Five		
Parenting the Child in your Partner		
1	Did you feel that your partner's qualities would be likeable to you if he were your own child?	
2	Could you feel compassion for his struggles?	
3	Did you want to change his behaviours or personality?	
4	Would he have been happy to have you as a parent?	
5	Could you feel competent to do a good job raising him?	
Total for Dimension Six		
Would the child in you want your partner as a parent?		
1	When you needed a symbolic parental caring, did your partner provide that for you in a helpful way?	
2	When you felt childlike, vulnerable, and needed comfort, did you feel that your partner gave that to you?	
3	Could your partner put aside his or her needs and be there for you when you asked?	
4	Could your partner differentiate between symbolically parenting you in a good way as opposed to making you feel worse?	
5	Would you have wished your partner had been your parent?	
Total for Dimension Seven		



A score of 15 to 20 means your relationship was thriving in that dimension.

A score of 10 to 15 means you would have to work on that dimension to make your relationship and work.

A score of fewer than 10 means you had a significant rift in your relationship and would have needed to work hard to heal that rift.

It is important to note that I am expecting that for most relationship dimensions, your relationship will have scored less than 15, and most likely less than 10 – otherwise your relationship would still be thriving (unless something else went drastically askew).