

RELATIONSHIP DIMENSIONS

Indicate on the line where you fall on each of the dimensions below in reference to your loved one.

Apologizing often	←	→	Never apologizing
Never expressing anger	←	→	Always expressing anger
Always showing vulnerability	←	→	Never showing vulnerability
Always offering compliments	←	→	Never offering compliments
Never criticizing	←	→	Always criticizing
Never shouting	←	→	Always shouting
Always offering comfort	←	→	Never offering comfort
Always saying "I love you"	←	→	Never saying "I love you"
Never sure what to do	←	→	Always "sure" what to do
Blaming self	←	→	Blaming others
Intense	←	→	Laissez-faire
Promoting closeness	←	→	Promoting distance
Anxious to resolve conflicts	←	→	Aloof in response to conflicts
Unable to set limits	←	→	Set limits too easily
Being serious	←	→	Always using humor
Rushing to fix	←	→	Letting child learn the hard way

Circle one of each of the choices for both statements:

Are you more sensitive to rejection or disrespect? Are you more comfortable with providing comfort or setting boundaries?