

Gender:  Male  Female

\_\_\_\_\_ 1) When I open up to my partner and share vulnerable feelings I mostly feel:

- a. Understood and supported
- b. Like my partner is interested but not very involved
- c. Like my partner moves in to "solve my problem" or else gets defensive
- d. At this point, I don't open up to my partner much

2) I feel like I understand my partner's insecurities because:

- a. He/she talks to me about them and asks for my support
- b. He/she mentions them without much discussion
- c. I can tell when my partner's upset even though he/she doesn't talk about it
- d. I honestly don't know what's going on inside my partner much of the time

3) Spending time alone with my partner is most often:

- a. Relaxing and a treat just hanging out together
- b. Fun if we are sharing something we both enjoy
- c. Not as much fun as being with other people together
- d. A mixed bag, sometimes enjoyable but sometimes tense

4) When we have a conflict we:

- a. May blow up or get heated but then talk about it and work it out
- b. We rarely have conflicts, we sometimes disagree but it just works out somehow on it's own
- c. There's a lot of conflict, either open or unstated, in our relationship, but we don't address it
- d. We used to fight a lot, but we've pretty much given up

5) In our views on how to live life (money, raising children, values) we:

- a. Don't always agree but are able to respect each other's differences, even if they grate from time to time
- b. Share a lot of common interests. Our values seem similar enough to not create problems

- c. Have very different values on many issues, but it doesn't get us anywhere to try discussing them
- d. Usually disagree. My partner tries to control many aspects of our lives

6) When I share ideas with my partner, about myself or the world, I generally feel:

- a. Stimulated and respected. I'm interested in my partner's opinion and feel the same back
- b. Like my partner listens respectfully but is really more concerned with his or her own thoughts and ideas
- c. My partner turns to other people for intellectual companionship
- d. My partner rarely gives me the credit I deserve. Sometimes, he/she just acts like I'm stupid

7) I feel judged and criticized by my partner:

- a. Only rarely
- b. Occasionally
- c. Often
- d. Most of the time

8) My partner and I are physically affectionate (hold hands, cuddle, put our arms around one another)

- a. A lot
- b. Occasionally
- c. Rarely
- d. Almost never

9) Sex with my partner is:

- a. A place where we connect, even though it's hard to make the time for it sometimes
- b. Satisfying if a bit routine
- c. Something I'd like to see more of, but I need to feel more connected first
- d. A sore spot between us, something we often wind up fighting about

10) When I think of growing old together, I:

- a. Imagine it will be great to be unconstrained by our many responsibilities and enjoy the world together
- b. Think we will be good companions who can trust one another
- c. Wonder if we will have enough in common to share a good life together
- d. Worry that without the glue that's been holding us together things may get worse between us, or else we might drift apart