

## Relationship Dimensions Scale

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

Always apologizing	←		→	Never apologizing
Never expressing anger	←		→	Always expressing anger
Always showing vulnerability	←		→	Never showing vulnerability
Always offering compliments	←		→	Never offering compliments
Never offering constructive feedback	←		→	Always criticizing
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
Anxious to resolve conflicts	←		→	Aloof in response to conflicts
Never setting limits	←		→	Always setting limits
Always serious	←		→	Always using humor
Rushing to fix	←		→	Letting them learn the hard way

B. Circle one of the bolded choices in each of the following statements:

1. Are you more sensitive to **rejection** or **disrespect**?
2. Are you more comfortable with **providing comfort** or **setting boundaries**?

C. To move towards the middle on three of the dimensions, I will:

Goal 1:

Goal 2:

Goal 3: