**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 expressing anger
- Always showing vulnerability
- Always offering compliments
- Never offering constructive feedback
- Always offering comfort
- Always saying “I love you”
- Never sure what to do
- Blaming self
- Intense
- Anxious to resolve conflicts
- Never setting limits
- Always serious
- Rushing to fix

- Never apologizing
- Always expressing anger
- Never showing vulnerability
- Never offering compliments
- Always criticizing
- Never offering comfort
- Never saying “I love you”
- Always “sure” what to do
- Blaming others
- Laissez-faire
- Aloof in response to conflicts
- Always setting limits
- Always using humor
- Letting them learn the hard way

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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: