

RELATIONSHIP SCALE

Think currently in terms of your most significant relationship. Then, rate yourself and your partner (on a scale from 1 to 5) as to how well you experience the two of you performing the following skills.

1 = poor 2 = below average 3 = average 4 = good 5 = excellent

- | | | Rating |
|------|---|--------|
| I. | <u>COMMUNICATION</u> (Dialogue) | |
| | I feel heard by, understood, and empathized with by my partner. | _____ |
| | I listen to and create safety for my partner. | _____ |
| II. | <u>COMMITMENT</u> (No-Exit) | |
| | My level of commitment to the relationship is | _____ |
| | I experience my partner's level of commitment as | _____ |
| III. | <u>WOUNDS</u> (Re-Imaging) | |
| | I understand how my partner was hurt and emotionally wounded while growing up. | _____ |
| | My partner understands how I was hurt and emotionally wounded while growing up. | _____ |
| V. | <u>COOPERATION</u> (Re-Structuring Frustrations) | |
| | I participate in my partner's healing and growth by asking directly without criticism. | _____ |
| | I experience my partner participating in my healing and growth by asking directly without criticism. | _____ |
| V. | <u>STRONG EMOTIONS</u> (Resolving Rage) | |
| | I listen to and can support (by appointment) my partner's strong feelings. | _____ |
| | I experience my partner listening to and supporting my strong emotions when I ask for an appointment. | _____ |
| VI. | <u>PLAY & FUN</u> (Re-romanticizing) | |
| | I initiate fun and play in our relationship. | _____ |
| | I accept my partner's invitation for fun and play and participate fully. | _____ |

VII. RE-VISIONING

I take time to think about our dream relationship. _____

I experience my partner thinking our dream relationship. _____

Complete the following (If you know them)

My growth direction is

My partner's growth direction is

My growth will help my partner heal his/her wound of _____

My partner's growth will help me heal my wound of _____

Name

Date

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