**Relationship Dimensions Scale**

A. Indicate on the line where you fall on each of the following dimensions in reference to your child/friend/partner/parent, etc.

|  |  |  |
| --- | --- | --- |
| 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: