

Name: _____ Date _____

Relationship Behavior Survey

Please answer each item for yourself and then answer the item for how you perceive your partner. Consider only the past 3 years when answering. When you answer for your partner, mark the answer for what you think he or she would mark if he/she were totally honest and accurate. Be careful not to exaggerate your answers because you're resentful. Do not share your answers with your partner until you visit with your counselor.

- 1) I openly invite my partner to enjoy intimate conversation with me for the sake of enjoyment (not mere problem-solving). When I do this, I express my desire for his/her company and then explicitly ask for his/her choice.

Me:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently
My Partner:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently

- 2) I think up and give my partner creative suggestions for what we might do together for fun.

Me:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently
My Partner:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently

- 3) I openly tell my partner my own positive desires for enjoyment and pleasure in an equitable manner.

Me:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently
My Partner:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently

- 4) I hold back telling my partner what I want because I don't want to appear selfish.

Me:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently
My Partner:	_____	_____	_____	_____	_____
	Never	Rarely	Sometimes	Often	Very Frequently

5) If my partner asks me to do something that I definitely don't want to do, I'll agree to do it just to avoid a hassle. I won't tell my partner that I really don't want to do it. Later I'll forget to do it.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently

6) I sometimes criticize my partner for not having enough love or desire for me.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently

7) If my partner and I haven't had sex in a long time, I'll insist that he/she give me sex as his/her responsibility to the relationship.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently

8) I give sex to my partner to fulfill my marital obligation, even when I really don't want to do it.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently

9) When we've had intense conflicts, I've initiated or threatened physical violence toward my partner (e.g. blocking, holding, slapping, punching or worse).

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always

10) When my partner and I have had intense conflicts, I've thrown objects or damaged property.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always

11) When my partner and I have had intense conflicts, I've threatened divorce or I've threatened to end the relationship.

Me: _____
 Never Rarely Sometimes Often Almost Always

My Partner: _____
 Never Rarely Sometimes Often Almost Always

12) When my partner and I have been in an intense conflict that has degenerated into sarcasm, name-calling or dirty fighting, I've quickly left the fight early in order to prevent damage to the relationship.

Me: _____
 Never Rarely Sometimes Often Almost Always

My Partner: _____
 Never Rarely Sometimes Often Almost Always

13) Whenever I've faced the threat of strong disapproval from my partner, I've lied in order to avoid a conflict.

Me: _____
 Never Rarely Sometimes Often Very Frequently

My Partner: _____
 Never Rarely Sometimes Often Very Frequently

14) If it's clear that my partner is disturbed about an issue, I'll offer and guarantee my partner a negotiated time to talk to me about it. I'll see to it that it takes place.

Me: _____
 Never Rarely Sometimes Often Almost Always

My Partner: _____
 Never Rarely Sometimes Often Almost Always

15) If my partner and I are having a conflict and my partner tells me he/she wants to stop it and then leaves the room, I'll follow my partner wherever he/she goes. I'll insist that my partner resolves the issue without delay.

Me: _____
 Never Rarely Sometimes Often Almost Always

My Partner: _____
 Never Rarely Sometimes Often Almost Always

16) If I want to spend some money from our common marital accounts (not personal) and my partner disagrees, I'll refrain from making the purchase until my partner consents.

Me: _____
 Never Rarely Sometimes Often Almost Always

My Partner: _____
 Never Rarely Sometimes Often Almost Always

17) I criticize my partner for having poor quality friends of the same sex who I think are a bad influence.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Very Frequently

18) I inform my partner about any personal (not business) communication or interaction involving the opposite sex. I give my partner full access to all such communication.

Me:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always
My Partner:	<u> </u> Never	<u> </u> Rarely	<u> </u> Sometimes	<u> </u> Often	<u> </u> Almost Always