

Appendix H

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: