

How Did You Meet Each Other?

Answer the questions below in reference to your current relationship and all of the past significant relationships you can recall. This assessment will clarify for you how you tend to meet someone and the patterns associated with the beginnings of your relationships.

List the first names of all the significant relationships you want to consider for this assessment:

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Where did you meet each person?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Who introduced you?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

What special circumstances existed if any?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

What main factors did you share in common with each person?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Look at your answers above for each question. Do patterns emerge such as:

1. Where do you tend to meet significant others?
2. Is someone else typically involved in terms of introducing you?
3. What type of circumstances are typically involved?
4. In terms of having things in common, what role did homogeneity play in being in the same place, being introduced by third party(also similar to you), and having similar interests which drew you to the same place?
5. How did homogeneity, or the lack thereof contribute to the outcome of your relationship?

Intimacy Assessment Questionnaire

This assessment is designed to help you become more aware of intimacy and how it occurs in your life. Answer the questions T=True or F=False below by circling the answer that best fits your relationships, experience, and views. Wait until you have completed the questionnaire before consulting the scoring key.

1. T/F I rarely share my true self with others
2. T/F Sometimes we get mad at one another and it is a sure sign that we have fallen out of love
3. T/F I was basically happier years ago than I am now
4. T/F When I am in a very close relationship I feel comfortable
5. T/F I like to touch and be touched when appropriate
6. T/F I don't trust most people
7. T/F I am comfortable when others disclose personal matters with me
8. T/F If someone compliments me I accept it easily
9. T/F I really enjoy just doing nothing at all
10. T/F I get along well with others
11. T/F It is important that I be right when we disagree
12. T/F Keeping very busy helps things in my relationships
13. T/F It's easy for me to understand the emotions and experiences of others
14. T/F I hate it when my partner feels vulnerable
15. T/F Being kind is more important than being honest
16. T/F It is easy for me to talk to members of the opposite sex
17. T/F My needs and wants are usually met in my relationships
18. T/F I rarely show my feelings to others
19. T/F I sometimes pretend that everything is alright when it isn't
20. T/F I am comfortable with disagreements in my relationships
21. T/F I am attractive to others
22. T/F I know my partner has had other relationships. I'm O.K. with that
23. T/F When my partner needs space I struggle to give it to him or her
24. T/F I am always pleasant in my relationships
25. T/F I know my partner sometimes looks at others and it makes me jealous
26. T/F If my partner truly loved me he/she would know what I want and need
27. T/F I enjoy receiving gifts
28. T/F In order for relationships to work out, I put up with a lot of things I don't like
29. T/F I fall in love quickly
30. T/F Love is risky but worth it
31. T/F We often work through our disagreements rather than ignore them
32. T/F I hesitate to express my true inner feelings because I might get hurt
33. T/F I enjoy pleasing my partner but don't go way out of my way to do it
34. T/F If people really knew who I was they would love me
35. T/F I try to conceal my private life from most people

Scoring Key:1-F,2-F,3-F,4-T,5-T,6-F,7-T,8-T,9-T,10-T,11-F,12-F,13-T,14-F,15-F,16-T,17-T,18-F,19-F,20-T,21-T,22-T,23-F,24-F,25-F,26-F,27-T,28-F,29-F,30-T,31-T,32-F,33-T,34-T, 35-F. Grade your assessment using this key. Count the number of correct answers and record it here____.

This assessment is keyed toward intimacy. That means the higher your score the higher the quality of intimacy you probably experience. Intimacy is often established as we balance: risks vs. closeness, self needs vs. others' needs, and disclosure vs. privacy. The items you missed above can be considered in terms of these balances or imbalances. Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?

Quality Communications Assessment

In this assessment, think about your current or most recent relationship. An answer of T=True indicates that the item applies and F=False that it does not. Consult the scoring key only after you have completed the assessment.

1. T/F Disagreements almost never occur in our relationship
2. T/F We consider ourselves to be friends
3. T/F I tend to keep feelings locked up inside until I can't take it anymore
4. T/F I feel free to talk about anything with my partner
5. T/F I can trust my partner with my sensitive feelings
6. T/F When we argue, one of us almost always ends up with hurt feelings
7. T/F Sometimes I say one thing but really mean something else
8. T/F We try to be truthful and honest with one another
9. T/F We respect each other as individuals
10. T/F We often express our love for one another
11. T/F It is easy for us to forgive if we offend one another
12. T/F If my partner violates my trust, I let him or her know about it
13. T/F I am rarely treated fairly by my partner
14. T/F We often blame and accuse one another
15. T/F There is give and take in our interactions
16. T/F I'd rather not disagree or argue no matter what the costs
17. T/F When we disagree, we eventually get to the "heart" of the matter
18. T/F We usually uncover our wants, needs, and feelings as we interact
19. T/F I want my partner to disclose personal information and I allow it to occur
20. T/F We don't always agree on issues. That's what I really like about our relationship
21. T/F One of us inevitably gets his or her way even at the other's expense
22. T/F When we get really mad, we tend to focus on the behavior not the person
23. T/F We can go for weeks without talking about our concerns
24. T/F We are very competitive and it is important to keep score on who wins each argument
25. T/F We watch 4-6 hours of T.V. per day
26. T/F Sometimes the threat of violence resolves the disagreement
27. T/F We really listen to one another when it's important
28. T/F If one of us has a major concern we make time to deal with it
29. T/F We never negotiate. It is always about giving in and guilt
30. T/F There are things about each other we dislike but have simply learned to live with

Scoring Key:1-F,2-T, 3-F, 4-T,5-T, 6-F,7-F, 8-T,9-T,10-T,11-T,12-T,13-F, 14-F, 15-T, 16-F, 17-T, 18-T,19-T,20-T,21-F,22-T,23-F,24-F,25-F,26-F,27-T,28-T,29-F,30-T. This assessment is coded toward healthy and experienced communications patterns. Give yourself 1 point for each correct answer. A higher score indicates a higher quality of communication. Look at the items you missed and discuss them with your partner. Would improvement in these areas lead to improvement in the overall communications in the relationship? Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?

How Are You Attracted to Partners?

Answer the questions below in reference to your current relationship and all of the past significant relationships you can recall. This assessment will clarify for you how you tend to be attracted to your partners.

List the first names of all the significant relationships you want to consider for this assessment:

- | | | | |
|----|----|----|-----|
| 4. | 4. | 7. | 10. |
| 5. | 5. | 8. | 11. |
| 6. | 6. | 9. | 12. |

Initially, what was it about these persons which drew you to them?

- | | | |
|----|----|-----|
| 4. | 7. | 10. |
| 5. | 8. | 11. |
| 6. | 9. | 12. |

After having gone out a few times, what values and traits about the person made you want more?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Why did you decide to take on roles (steady, exclusive dating, living arrangements, etc...)

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Why did the relationship end?

- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | |

12. _____

Look at your answers above for each question. Do patterns emerge such as:

1. What tends to initially draw you to your partners (attractions)?
2. What values and traits tend to make you want more with them?
3. What typically motivates you to move into relationship roles?
4. After considering why each relationship ended, think about why initial attractions, later attractions, and commitments into roles did not keep the relationship together. Any trends?
5. Of all the relationships considered above which had the highest level of attractions, Why? How does your answer to Question 5 impact current potential relationships?

Speaking & Hearing Your Love Styles

In this assessment, you will discover how you communicate love and how you hear other's expressions of love toward you. Place a check mark in all that apply to you in both sections below.

Section 1. How You Communicate Love

- | | |
|---|---|
| <input type="checkbox"/> 1. I often say "I Love You"
<input type="checkbox"/> 2. I write love notes
<input type="checkbox"/> 3. I say things that indicate my love
<input type="checkbox"/> 4. I share my feelings & thoughts
<input type="checkbox"/> 5. I avoid saying hurtful comments
<input type="checkbox"/> 6. I express approval
<input type="checkbox"/> 7. I let others know they are O.K
<input type="checkbox"/> 8. I often give praise
<input type="checkbox"/> 9. I look for ways to compliment
<input type="checkbox"/> 10. I accept others as they are
<input type="checkbox"/> 11. I give of my time
<input type="checkbox"/> 12. I do regular activities with others
<input type="checkbox"/> 13. I slow down to simply talk or listen
<input type="checkbox"/> 14. I arrange quiet time together
<input type="checkbox"/> 15. I am around a great deal | <input type="checkbox"/> 16. I give quality time
<input type="checkbox"/> 17. I earn money
<input type="checkbox"/> 18. I buy gifts
<input type="checkbox"/> 19. I do chores
<input type="checkbox"/> 20. I make something
<input type="checkbox"/> 21. I do things others like to do
<input type="checkbox"/> 22. I change my schedule if needed
<input type="checkbox"/> 23. I act grateful when receiving gifts
<input type="checkbox"/> 24. I give money
<input type="checkbox"/> 25. I touch non sexually
<input type="checkbox"/> 26. I hug
<input type="checkbox"/> 27. I kiss
<input type="checkbox"/> 28. I hold hands
<input type="checkbox"/> 29. I caress or scratch
<input type="checkbox"/> 30. I make love |
|---|---|

Section 2. How You Hear Expressions of Love from Others.

- | | |
|---|---|
| <input type="checkbox"/> 31. I need to hear, "I Love You"
<input type="checkbox"/> 32. I like to receive love notes
<input type="checkbox"/> 33. I like indirect indications of love
<input type="checkbox"/> 34. I need to hear feelings & thoughts
<input type="checkbox"/> 35. I don't want hurtful comments
<input type="checkbox"/> 36. I like to hear approval
<input type="checkbox"/> 37. I need to know I'm O.K.
<input type="checkbox"/> 38. I need to be praised
<input type="checkbox"/> 39. I like to receive compliments
<input type="checkbox"/> 40. I need to be accepted as I am
<input type="checkbox"/> 41. I need interpersonal time
<input type="checkbox"/> 42. I need regular activities
<input type="checkbox"/> 43. I need to simply talk or listen
<input type="checkbox"/> 44. I need quiet time together
<input type="checkbox"/> 45. I need to be together a lot | <input type="checkbox"/> 46. Receiving quality time
<input type="checkbox"/> 47. Having financial support from others
<input type="checkbox"/> 48. Receiving store bought gifts
<input type="checkbox"/> 49. Having my chores done for me
<input type="checkbox"/> 50. Receiving a handmade gift
<input type="checkbox"/> 51. Doing things I like to do
<input type="checkbox"/> 52. Others adjusting schedules for my needs
<input type="checkbox"/> 53. Having my gifts be appreciated
<input type="checkbox"/> 54. Receiving money
<input type="checkbox"/> 55. Non sexual touching
<input type="checkbox"/> 56. Hugging
<input type="checkbox"/> 57. Kissing
<input type="checkbox"/> 58. Holding hands
<input type="checkbox"/> 59. Caressing or scratching
<input type="checkbox"/> 60. Making Love |
|---|---|

Place the number of the statements (1-60) in the boxes below. This gives you a general idea of how you communicate (1-30) & hear(31-60) love messages. What trends emerge for you?

Verbal	Time Related	Service or Doing	Exchanges	Acceptance	Interactions	Closeness

Speaking & Hearing Your Love Styles

(Partner Version)

In this assessment, you will discover how you communicate love and how you hear other's expressions of love toward you. Place a check mark in all that apply to you in both sections below.

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- | | |
|---|---|
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<input type="checkbox"/> 6. I express approval
<input type="checkbox"/> 7. I let others know they are O.K
<input type="checkbox"/> 8. I often give praise
<input type="checkbox"/> 9. I look for ways to compliment
<input type="checkbox"/> 10. I accept others as they are
<input type="checkbox"/> 11. I give of my time
<input type="checkbox"/> 12. I do regular activities with others
<input type="checkbox"/> 13. I slow down to simply talk or listen
<input type="checkbox"/> 14. I arrange quiet time together
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<input type="checkbox"/> 17. I earn money
<input type="checkbox"/> 18. I buy gifts
<input type="checkbox"/> 19. I do chores
<input type="checkbox"/> 20. I make something
<input type="checkbox"/> 21. I do things others like to do
<input type="checkbox"/> 22. I change my schedule if needed
<input type="checkbox"/> 23. I act grateful when receiving gifts
<input type="checkbox"/> 24. I give money
<input type="checkbox"/> 25. I touch non sexually
<input type="checkbox"/> 26. I hug
<input type="checkbox"/> 27. I kiss
<input type="checkbox"/> 28. I hold hands
<input type="checkbox"/> 29. I caress or scratch
<input type="checkbox"/> 30. I make love |
|---|---|

Section 2. How You Hear Expressions of Love from Others.

- | | |
|---|---|
| <input type="checkbox"/> 31. I need to hear, "I Love You"
<input type="checkbox"/> 32. I like to receive love notes
<input type="checkbox"/> 33. I like indirect indications of love
<input type="checkbox"/> 34. I need to hear feelings & thoughts
<input type="checkbox"/> 35. I don't want hurtful comments
<input type="checkbox"/> 36. I like to hear approval
<input type="checkbox"/> 37. I need to know I'm O.K.
<input type="checkbox"/> 38. I need to be praised
<input type="checkbox"/> 39. I like to receive compliments
<input type="checkbox"/> 40. I need to be accepted as I am
<input type="checkbox"/> 41. I need interpersonal time
<input type="checkbox"/> 42. I need regular activities
<input type="checkbox"/> 43. I need to simply talk or listen
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<input type="checkbox"/> 45. I need to be together a lot | <input type="checkbox"/> 46. Receiving quality time
<input type="checkbox"/> 47. Having financial support from others
<input type="checkbox"/> 48. Receiving store bought gifts
<input type="checkbox"/> 49. Having my chores done for me
<input type="checkbox"/> 50. Receiving a handmade gift
<input type="checkbox"/> 51. Doing things I like to do
<input type="checkbox"/> 52. Others adjusting schedules for my needs
<input type="checkbox"/> 53. Having my gifts be appreciated
<input type="checkbox"/> 54. Receiving money
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<input type="checkbox"/> 56. Hugging
<input type="checkbox"/> 57. Kissing
<input type="checkbox"/> 58. Holding hands
<input type="checkbox"/> 59. Caressing or scratching
<input type="checkbox"/> 60. Making Love |
|---|---|

Place the number of the statements (1-60) in the boxes below. This gives you a general idea of how you communicate (1-30) hear (31-60) love messages. What trends emerge for you?

Verbal	Time Related	Service or Doing	Exchanges	Acceptance	Interactions	Closeness

What Type of Lover are You?

The 35 questions listed below are designed to give you an idea of which of John Lee's love types you currently have. It first appeared in Psychology Today in an article entitled, "The Styles of Love" in 1973 & '74. Answer each question while considering your current or most recent relationship. Use one of the following responses for each question: AA=Almost Always true; U=Usually true; R=Rarely true; or AN=Almost Never true. Don't look at the key in the boxes below until you've answered all 35 questions.

QUESTION	ANSWER
1. You consider your childhood less happy than the average of peers.	
2. You were discontented with your life (work, etc.) at the time your relationship began.	
3. You have never been in love before this relationship.	
4. You want to be in love or have love as security.	
5. You have a clearly defined ideal image of your desired partner.	
6. You felt a strong gut attraction to your beloved on your first encounter.	
7. You are preoccupied with thoughts about the beloved.	
8. You believe your partner's interest is at least as great as yours is.	
9. You are eager to see your beloved almost every day; this was true from the beginning.	
10. You soon believed this could become a permanent relationship.	
11. You see "warning signs" of trouble but ignore them.	
12. You deliberately restrain frequency of contact with partner.	
13. You restrict discussion of your feelings with beloved.	
14. You restrict display of your feelings with beloved.	
15. You discuss future plans with your beloved.	
16. You discuss wide range of topics, experiences with beloved.	
17. You try to control relationship but feel you've lost control.	
18. You lose ability to be first to terminate relationship.	
19. You try to force beloved to show more feeling, commitment.	
20. You analyze the relationship, weigh it in your mind.	
21. You believe in the sincerity of your partner.	
22. You blame partner for difficulties of your relationship.	
23. You are jealous and possessive but not to the point of angry conflict.	

24. You are jealous to the point of conflict, scenes, threats, etc...	
25. Tactile, sensual contact is very important to you.	
26. Sexual intimacy was achieved early, rapidly in the relationship.	
27. You take the quality of sexual rapport as a test of love.	
28. You are willing to work out sex problems, improve techniques.	
29. You have a continued high rate of sex, tactile contact in the relationship.	
30. You declare your love first, well ahead of your partner.	
31. You consider your love life your most important activity, even essential.	
32. You are prepared to "give all" for love once under way.	
33. You are willing to suffer abuse, even ridicule from partner.	
34. Your relationship is marked by frequent differences of opinion, anxiety.	
35. The relationship ends with lasting bitterness, trauma for you.	

KEY TO JOHN LEE'S LOVE TYPES (blanks indicate no hit for this love type)

	1	2	3	4	5	6	7	8	9	10	11	12
EROS	R	R		R	AA	AA	AA		AA	AA	R	AN
LUDUS				AN	AN	R	AN	U	AN	AN	R	AA
STORGE	AN	AN			AN	AN	AN	R	R	R		R
MANIA	U	U		AA	AN	R	AA	AN	AA	AN	AA	R
LUDIC EROS		R	U		U					R		R
STORGIC EROS			R	AN	AN	AN			R	AA	AN	R
STORGIC LUDUS			AN	AN	R		R	R	AN	AN	R	U
PRAGMA			R	U	AA			U	R	U	R	
	13	14	15	16	17	18	19	20	21	22	23	24
EROS	R	R	AA	AA	AN	AN	AN		AA	R	U	AN
LUDUS	AA	AA	R	R	AN	AN	AN			U	AN	AN
STORGE	U	R	R		AN			AN		R	R	AN
MANIA	U	U			AA	AA	AA	U	U	U		AA
LUDIC EROS	R	R			AN	R			R	R	R	R
STORGIC EROS				U	AN	U	AN	R	U	AN	AN	AN

STORGIC/LUDUS	U	U	AN	R		R	R	R	AA			AN
PRAGMA	U	U	AA	AA		R		AA				AN

KEY TO JOHN LEE'S LOVE TYPES Continued (blanks indicate no hit for this love type)

	25	26	27	28	29	30	31	32	33	34	35	
EROS	AA	AA	AA	U	U		AA	U		R	AN	
LUDUS			U	R		AN	AN	AN	AN	AA	R	
STORGE	AN	AN	AN		R	R	R	U	R	R	R	
MANIA		AN		R	R	AA	AA	AA	AA	AA	AA	
LUDIC EROS	U	U	U	U	U			R		R	R	
STORGIC EROS	AN	R	AN		R	AA	AA	AA		R	AN	
STORGIC LUDUS		U	U	R			R	R	R		R	
PRAGMA	R		R	U	R		R	R	AN	R	R	

Use this scale for scoring your test: **AA=3, U=2, R=1, & AN=0.** Place each question's score next to the love type indicated in the key. For example if you put AA for question #7, the key indicates that this is a characteristic of Eros and Mania. So you put a 3 in the Eros and Mania boxes below. After you've done this for all 35 questions, add up your totals in each category.

Totals

Eros	
Ludus	
Storge	
Mania	
Ludic Eros	
Storgic Eros	
Storgic Ludus	
Pragma	

Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?
 Lee, John, A (1988) "Love Styles" in The Psychology of Love; Sternberg, R. & Barnes, M eds. New Haven CT:Yale U. Press.

Understanding the Love Type Categories and Their Meanings

John Lee claimed that each of us has numerous types of love at any given point in time. Some of us have some or all of them while others have only a few. Here are simple descriptions of each love type:

Eros is the love of beauty, sensuality, and the erotic or sexual expressions between two people. Eros needs immediate attention and does not endure well during separation. Some refer to Eros as “fuse” love because it burns hot, burns bright, and will quickly burn out if that is the basis of the couple’s relationship. Eros is healthy in combination with other love types and is typically present over the life course.

Ludus is a playful love that often torments one’s partner. Love is a game which is best described as catch and release. The ludic lover is immature and is in love with falling in love. Ludic love is often referred to as “jerk” love because of the painful feeling of having been used that partners often feel.

Manic is a madness type of love where the couple loves and hates so often and interchangeably that it appears as though these love types occur simultaneously. This love is often referred to as “roller coaster” love because of its ups and downs and overall rough experience. Couples often experience conflict on the heels of intimacy and vice versa.

Storge (*stor-gay*) is the love between best friends. It is a smooth, easy going love that develops slowly and endures well. It is referred to as “Freeway” love because it is like a freeway where you can travel just about anywhere on smooth road with very few bumps or sharp turns. This love is peaceful and enchanting and is also one of the more common types among younger couples today.

Agape (*ah-ga-pay*) is the love of humanity or of all men and women. This love is not very demanding and is patient and understanding.

Pragma is the practical love we feel. It is based on the practical and logical and is expressed often as qualifications in one’s partner (IE:looks, wealth, personality, sense of humor, etc...) The other combinations of these love types are self-explanatory. Lee claimed that for a mutually satisfying relationship, partners need to share similar styles of love. How closely related were the findings between you and your partner? Are the differences significant to you or your partner?

What course of action is called for based on your findings?

Used by Permission

Ideal vs. Practical Love Styles

Respond to the items below by placing a check mark in either the "Applies to Me" or "Does not Apply to Me" box. Check only one box per item. Consult the scoring key after you have completed the assessment.

Applies to Me	Items	Does not Apply to Me
	1. Love strikes suddenly, often without warning	
	2. The main cause of divorce today is that people fall out of love	
	3. Love is about flowers, gifts, and thoughtful notes	
	4. Love sweeps you off of your feet	
	5. Making love is magical when you are in love	
	6. You have to actually "fall" in love for it to be real	
	7. Love at first sight is the healthiest type of love	
	8. There is a "special" someone out there for every one	
	9. You can tell if you are in love by the quality of your first kiss	
	10. Love is too wonderful to understand	
	11. The faster you fall in love the more genuine that love is	
	12. Real love prevents problems from occurring	
	13. Love can't be controlled, it is too powerful	
	14. Love overcomes most differences	
	15. True love happens only once in a lifetime	
	16. Love is more than holding hands and candlelight dinners	
	17. Love makes sense	
	18. It helps if people who are in love have other things in common	
	19. Love is important but it doesn't solve relationship problems	
	20. Healthy relationships develop gradually over time	
	21. There is more to a relationship than hugging & cuddling	
	22. It is very important to consider who your partner is and what he or she is like before you fall in love	

	23. Love is a complex experience but it can be understood	
	24. Partners really do need to like and love each other	
	25. Love is a calm thing	
	26. Each of us may love more than a few times throughout life	
	27. I would marry someone even if I wasn't deeply in love	
	28. It takes time to get to know someone before you can fall in love	
	29. You have to be a clear thinking person in order to fall in love	
	30. Differences in tastes, hobbies, and career goals can be damaging to a relationship	

Scoring Key: In Items 1-15 count up the number of check marks in the "Applies to Me" and the "Does not Apply to Me" column and place that number in the boxes below. Then do the same for Items 16-30.

	"Applies" to Me	"Does not Apply to Me"
Items 1-15		
Item 16-30		

Add up the total numbers in the 2 shaded boxes. This represents your ideal or romantic tendencies. Put score here: _____ (0-30 possible). The closer this score is to 30 the more ideal and romantic you tend to be in relationships.

Add up the total numbers in the 2 clear boxes. This represents your practical or realistic tendencies in relationships. Put score here: _____ (0-30 possible). The closer this score is to 30 the more practical or realistic you tend to be in relationships.

Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why or why not? Did you score about even in both boxes? Many do. Why do we balance ideal and practical?

How Healthy are My Break Ups

Answer the questions below as you think about how your past relationships tend to end. These questions relate specifically to patterns of breaking up. Don't look at the answer key until you've completed all the questions.

- 1 .T/F I can usually tell when the relationship is over
- 2 .T/F Most of my break ups are not that traumatic
- 3 .T/F I typically do most of the breaking up
- 4 .T/F I know from the start of a relationship if it will last or not
- 5 .T/F If my partner does the breaking up I get even
- 6 .T/F I'll do anything to avoid braking up
- 7 .T/F After we break up we try to remain close friends
- 8 .T/F Sometimes the break up helps the relationship get better
- 9 .T/F Smart people can break up to get more from their partners after they make up
- 10 .T/F Breaking up makes the ongoing relationship better
- 11 .T/F I will put off a break up until other options present themselves
- 12 .T/F In order for me to break up, my partner must not suffer
- 13 .T/F Nobody breaks up with me
- 14 .T/F Kissing and hugging is good for people who have broken up
- 15 .T/F I get along well at a distance when I break up
- 16 .T/F Breaking up is the worst event that can happen
- 17 .T/F Physical violence has no place in a relationship
- 18 .T/F I'll tell my friends the intimate details of a broken up relationship
- 19 .T/F If I sense trouble in the relationship, then I will break it off first
- 20 .T/F I can date a former partner's close friend or roommate
- 21 .T/F I never really know how my relationships end in break ups
- 22 .T/F I have to write a break up letter rather than discuss it
- 23 .T/F A good break up includes lots of affection
- 24 .T/F It's best to have a friend tell your partner you are breaking up
- 25 .T/F With some people you have to protect yourself if breaking up
- 26 .T/F A break up should be permanent
- 27 .T/F A break up should have clearly severed ties
- 28 .T/F A break up should be violence free
- 29 .T/F Emotional pain is a natural part of the break up
- 30 .T/F A break up should not be a punishment

Key:1=T,2=T,3=T,4=T,5=F,6=F,7=F,8=T,9=F,10=F,11=F,12=F,13=F,14=F,15=T,16=F,17=T,18=F,19=F,20=F,21=F,22=F,23=F,24=F,25=T,26=T,27=T,28=T,29=T,30=T.

Your Score _____. This assessment is biased toward healthy break up patterns. A score of **30** means very healthy patterns, **0**=very unhealthy ones. Breaking up may be a human phenomena that is not considered healthy by nature. But break ups can go well or poorly. Consider some of the items you missed above in terms of your recent break ups. Do they shed any light? Talk to a close friend or family member about any issues that arise from this assessment. List the major concerns you have when break ups occur in your life: