

Who Has Possession of the Remote Control?

This assessment is designed to clarify the distribution of power in your current or past relationship. Answer each question about yourself and your current or recent partner. In this assessment you answer for yourself and from your perception about your partner. Place a check mark in either your side or your partner's side depending on who it applies to most. If it's about equal then place a check mark in both sides.

Your Name:	Issues	Your Partner's Name:
	Typically holds the remote control while watching T.V.	
	Typically picks out a video for us to watch.	
	Typically chooses which restaurant we will eat at	
	Typically chooses where we go for short get-aways	
	Typically chooses the activities for our dates	
	Typically chooses how we spend extra money	
	Typically decides what is a need to be purchased	
	Typically decides what is a want to be purchased	
	Typically chooses the movie we watch at the theater	
	Typically chooses most of the groceries we buy	
	Typically decides our vacation spots	
	Typically controls the check book	
	Typically decides which relatives we visit on holidays	
	Typically chooses the radio station we listen to together	
	Typically chooses the CD's we buy	
	Typically dominates the computer	
	Typically spends more time on the Internet	
	Typically takes the pictures with our camera	
	Typically decides when we will be physically affectionate	
	Typically decides how our physical affection is expressed	
	<-Add up the check marks for you and your partner in these boxes->	

Who has the most check marks, you or your partner? Which marks are in the areas that cause you concern. Discuss this and your partner's assessment and perceptions with your partner. Negotiate changes where needed. Balance does not always imply perfect equality. But in successful relationships balance implies the mutual meeting of both partner's needs and wants.

Who Has Possession of the Remote Control? (Partner Version)

This assessment is designed to clarify the distribution of power in your current relationship. Answer each question about yourself and your current partner. Think carefully about each question. In this assessment you answer for yourself and from your perception about your partner. Place a check mark in either your side or your partner's side depending on who it applies to most. If it's about equal then place a check mark in both sides.

Your Name:	Issues	Your Partner's Name:
	Typically holds the remote control while watching T.V.	
	Typically picks out a video for us to watch.	
	Typically chooses which restaurant we will eat at	
	Typically chooses where we go for short get-aways	
	Typically chooses the activities for our dates	
	Typically chooses how we spend extra money	
	Typically decides what is a need to be purchased	
	Typically decides what is a want to be purchased	
	Typically chooses the movie we watch at the theater	
	Typically chooses most of the groceries we buy	
	Typically decides our vacation spots	
	Typically controls the check book	
	Typically decides which relatives we visit on holidays	
	Typically chooses the radio station we listen to together	
	Typically chooses the CD's we buy	
	Typically dominates the computer	
	Typically spends more time on the Internet	
	Typically takes the pictures with our camera	
	Typically decides when we will be physically affectionate	
	Typically decides how our physical affection is expressed	
	<-Add up the check marks for you and your partner in these boxes->	

Who has the most check marks, you or your partner? Which marks are in the areas that cause you concern. Discuss this and your partner's assessment and perceptions with your partner. Negotiate changes where needed. Balance does not always imply perfect equality. Successful relationships balance mutual meeting of both partner's needs.