

A Look At What We Believe About Relationships (Ref. "The Rules We Live By" Robert Perry)
Answer Yes (Y) if it's something you believe or No (N) if you don't believe it.

1. ____ Being treated special and made to feel special is a good thing.
2. ____ Having a special partner holds the promise of my future happiness.
3. ____ Some people can give me more than others.
4. ____ Other people make me feel things. ("You make me so angry.")
5. ____ Others can be selfish, don't know how to listen, are lazy, too dependent, criticizing etc.
6. ____ I'm tired of other people blaming me for what is their problem.
7. ____ If others fill my needs it will make me happy.
8. ____ Others should give me what I need *because* I give to them.
9. ____ If others fail to give me what I need, it's important that I point it out to them so they can do better the next time.
10. ____ Meeting someone needs is to be done very cautiously in case I am taken advantage of.
11. ____ My partner's personality matters.
12. ____ My partner's body- shape, weight, age, clothing, etc.-matter.
13. ____ If someone meets my needs I should be with them, if they don't or can't I should leave.
14. ____ If someone is attracted to me, it makes me feel good about myself. If someone is not attracted to me, I feel bad about myself.
15. ____ I need my space in a relationship.
16. ____ I sometimes feel smothered in relationship.
17. ____ It is important to be in control and not let other's control me.
18. ____ If someone loves you, they should always want to be with you.
19. ____ If someone loves you, they should give you your space.

Check off if you have experienced any of the following in your relationships:

____ Anxiety ____ Despair ____ Guilt ____ Attack ____ Anger ____ Fear
____ Sadness ____ Loneliness ____ Unworthiness ____ Blame

Bring to mind one relationship (partner, boss, parent, child, friend). Answer the following questions::

In my relationship with _____ I need _____ in order for me to be happy, content and at peace:

1. _____
2. _____
3. _____