

# LESSON 1

## COUPLE INTERACTIONS CHART

This exercise is designed to help you identify areas where you and/or your partner may be merging, disconnecting or hurting one another. Often these issues are related to a lack of integration in the relationship, such as having too much differentiation or or too much linkage.

**Rate yourself and your partner below using the Couple Interactions Chart. Describe yourself and your partner along these dimensions on a scale of 1 to 5:**

**Note:** *If you are not currently in a relationship, think back to how you felt in your previous relationship.*

1. Does not describe me/does not describe partner at this time.
2. Describes me on infrequent occasions/describes partner on infrequent occasions.
3. Describes how I am some of the time/describes how my partner is some of the time.
4. Describes how I frequently am/describes how my partner frequently is.
5. Describes me most or all of the time/describes my partner most or all of the time.

Non-defensive (able to listen to feedback without overreacting):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Open to new experiences:

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Respect for other's boundaries (valuing the other person as a separate individual):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Vulnerable (willing to feel sad, acknowledge hurt feelings, etc.):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

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Honest (straightforward, non-deceptive):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Physically affectionate:

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Sexuality (satisfied with sexual relationship):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Empathic and understanding (see the other person realistically, not overly idealized or overly critical):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Communication (sense of shared meaning, feel understood):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

Non-controlling, non-manipulative, and non-threatening (ask for what you want and need directly):

**Self:** 1 2 3 4 5      **Partner:** 1 2 3 4 5

To better understand your sense of self, independent of your relationship, how would you rate yourself along these dimensions?

Sense of well-being: 1 2 3 4 5

Self-confidence: 1 2 3 4 5

Optimism: 1 2 3 4 5