

What Kind of Partner Do I Want to Be?

The purpose of the exercise is to give you a greater sense of control in regard to self-healing and relationship improvement.

Circle the point (1) that best describes your current state as a husband, wife, or intimate partner on each of the following dimensions:

Loving					Contemptuous
Compassionate					Resentful
Supportive					Critical
Flexible					Rigid
Sexy					Rejecting sex

Describe what you will do to move one notch closer to the kind of intimate partner you want to be.

Loving:

Compassionate:

Supportive:

Flexible:

Fair:

Sexy: