

RELATIONSHIP INTERACTIONS-1

Please respond to the statements below with the appropriate response to the right.

Name _____

Date _____

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. A critical part of a relationship is the interaction between the people in it.	SA	A	NS	D	SD
2. An interaction is usually a sequence of communications and/or actions between the people in a relationship	SA	A	NS	D	SD
3. Interactive sequences can sometimes/often/almost always become patterned or automatic	SA	A	NS	D	SD
4. Every time I communicate or interact within a sequence I have choices in what I can do or say	SA	A	NS	D	SD
5. Those choices sometimes/often/almost always will affect what my relationship partner does in return	SA	A	NS	D	SD
6. I am not always conscious or aware of the choices I make in these interaction sequences	SA	A	NS	D	SD
7. I could do a better job of being more aware or conscious of how I interact	SA	A	NS	D	SD
8. I would like to use my choices within these interactions to re-direct the interactions so that they are more positive	SA	A	NS	D	SD
9. It's harder for me to make more positive choices in my interactions when I am angry, anxious or upset about something	SA	A	NS	D	SD
10. It would help me to back away or disengage from interacting until I am calmer and can make more positive choices in my interactions	SA	A	NS	D	SD
11. Sometimes in my interactions, the more I do "X" the more my partner does "Y", and the more my partner does "Y" the more I do "X"	SA	A	NS	D	SD
12. In these cases either one of us has the power to change the nature of the interaction by doing something different	SA	A	NS	D	SD
13. If my relationship interactions were more positive it would be healthy for my relationships and I would get more out of them	SA	A	NS	D	SD