

## 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 |