

Find Out What You Need to Know to Have A Conscious Fulfilling Relationship

1. I know that I am totally responsible for myself and for creating what is occurring in my relationship.
2. I desperately want my partner's approval.
3. I support my partner in expressing 100% of his or her creativity.
4. I find myself withholding from or lying to my partner.
5. My relationship is an ongoing catalyst for my growth and creativity.
6. Arguments feel like life or death issues.
7. I can tell my partner anything.
8. I feel worried and uncomfortable when my partner goes away, even for short periods.
9. My partner and I support each other through our deepest feelings. It's fine for my partner to feel the whole range of feelings.
10. People don't keep their agreements with me.
11. I feel transparent with my partner and willing to be fully seen.
12. I agree to do things I don't really want to do, and feel bad about it, but keep silent.
13. We have inspiring, ongoing fun.
14. In arguments, I find myself pleading victim or agreeing that it was my fault.
15. I feel connected with my partner whether we are together or not.
16. It is very important to find out whose fault it is in an argument, and who is right or wrong.
17. I enjoy both times apart from my partner and times of close intimacy.
18. My arguments tend to recycle, and one or the other of us often apologizes and promises to do better.
19. I communicate my feelings so that others can understand them.
20. I spend time and energy being controlled or avoiding being controlled by others

21. It is possible for both my partner and me to have what we want.
22. I try to control other people and to make them behave and feel certain ways.
23. I look for unconscious patterns as they emerge and am willing to resolve them
24. A strong internal critic nags me and keeps me feeling bad even in times when I could be feeling good, successful and loving.
25. I hold myself and my partner in the highest regard.
26. I criticize or get criticized.
27. My partner and I behave the same with each other when we are in a group as we do when we're alone together.
28. I have secrets (things I have done and not done that I am hiding) from a significant loved one.
29. When we encounter problems, my intention is to take 100% responsibility, tell the microscopic truth, and to clear up the problem.
30. I worry about other people's feelings.
31. I experience creativity and productivity in my life.
32. I think my partner's upsets and strong feelings are my fault.
33. My partner is my equal.
34. I have difficulty allowing others to feel their feelings. If someone feels bad, I try to rush in to make it better.
35. I can easily discern what I'm feeling and what I want, even if it is different from other people.
36. Anger is a particular problem for me, both to recognize it and to express it to others.
37. People keep their agreements with me, and my interactions with others flow smoothly.
38. I do not let myself feel the full range of my feelings. I am out of touch with at least one core emotion such as anger, fear, or sadness.
39. I am the source of my value and approval.