



YOUR RELATIONSHIP WITH YOUR SPOUSE OR PARTNER

The following statements are generated from your Component Usual, Component Need and Component Stress scores. Carefully read each statement and check the ones that are most significant to you. Remember, a statement appears because it may be significant for you, not because it is significant. Only you can decide which statements are most relevant to you.

SECTION A: When you are at your best

- You prefer to be direct and open in interactions with your partner
- You are organized and like to do things a certain way
- You like to exercise authority directly in your relationship
- You take pride in your material possessions as a symbol of the success of your relationship
- Actively doing things together is for you an important part of a good relationship
- You like variety and novelty and doing two or more tasks at the same time

SECTION B: What you need

- You feel more at ease when your partner is frank and direct with you
- Your relationship with your partner benefits from time spent just with one another
- It is important to you to feel that you are an authority figure in your relationship
- You like plenty of notice of any change affecting your relationship with your partner

SECTION C: Things to work on

- Sometimes you can be too terse with your partner, particularly if you feel stressed
- You can withdraw when you and your partner have to socialize
- You can become outspoken, even domineering, with your partner
- You may tend to see disagreements between you as rooted basically in financial matters
- You can find it hard to sit still and concentrate