

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: