

BOUNDARIES IN RELATIONSHIP TEST

Do you:

YES**NO**

1. Expect that your partner will take care of you whenever you encounter a problem?
2. Feel that your partner needs to change before you can truly love him/her?
3. Call your partner uncomplimentary names?
4. Often feel 'picked on' or 'put down' by your partner?
5. Enjoy being with your partner?
6. Envy your friends' relationships with their partners?
7. Often feel stifled or discouraged by your partner?
8. Frequently enlighten your partner about what you think he or she does wrong?
9. Have a shared vision with your partner?
10. State clearly what you want and/or need from your partner?
11. Trust your partner?
12. Frequently feel judgmental or rejecting of your partner?
13. Feel responsible for your partner's attitude, feelings or behaviour toward you?
14. Talk to others about intimate details to do with your partner?
15. Usually feel appreciated by your partner?
16. Frequently feel judged or rejected by your partner?
17. Usually say 'yes' to your partner's suggestions when you'd prefer to do something different?

Are you:

18. Able to express your thoughts and feelings in an open and honest way?
19. Frequently angry about what your partner does or does not do?
20. Able to disagree with your partner without feeling dreadful?
21. Comfortable and relaxed in your partner's presence?
22. Appreciative when he/she does something for you that's out of the ordinary?
23. Jealous of his/her work mates, family members, friends or time spent elsewhere?
24. Embarrassed or ashamed when your partner points out a shortcoming in you?
25. Guarded about expressing your hopes, desires and dreams?
26. Ashamed or embarrassed by the way your partner behaves?
27. Confident that your partner will be there for you in difficult times?
28. Always ready to acquiesce to your partner's preferences?

29. Willing to make sacrifices for your partner?			
30. Frequently angry with your partner?			

**To obtain your test results, please email your total score to Sonja@sonjaridden.com
Test results are free of charge!**