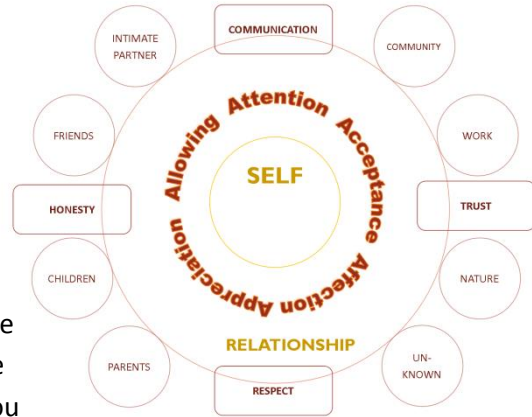




INNERLIFE  
ADVENTURES

# Relational Attributes Self-Assessment



- 1) Circle the number that best indicates how much you have and display each relational attribute.  
0 indicates you do not have any aspects of the attribute  
10 indicates you are never not exhibiting that attribute
- 2) Draw a square around the number indicating where you would like to be with having and displaying that attribute.
- 3) Write one example of a time you did not use that attribute. What was the outcome?
- 4) Write 1-2 specific things you can do to increase your having and displaying each attribute.

You can complete this assessing yourself in general, or for more precision complete it twice. First assessing these attributes in your relationship to your partner, then again assessing in relationship to yourself.

**Attention**     0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_  
\_\_\_\_\_

To increase, I will: \_\_\_\_\_  
\_\_\_\_\_

**Acceptance**     0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_  
\_\_\_\_\_

To increase, I will: \_\_\_\_\_  
\_\_\_\_\_

**Affection**     0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_  
\_\_\_\_\_

To increase, I will: \_\_\_\_\_  
\_\_\_\_\_

**Appreciation**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_

**Allowing**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_

**Trust**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_

**Communication**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_

**Honesty**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_

**Respect**    0   1   2   3   4   5   6   7   8   9   10

When I'm not: \_\_\_\_\_

\_\_\_\_\_

To increase, I will: \_\_\_\_\_

\_\_\_\_\_