

This questionnaire is based on Dr John Gottman's analysis of data collected by Dr Amber Tabares. It is comprised of two questionnaires. You must each complete both. Be honest.

### **PART 1:**

Look over the following list of personal qualities and circle all that your partner possesses now that please you even if you are not ready to acknowledge them out loud. Include as many as you wish. If a characteristic was apparent on only one occasion, still include it.

1. Put a star next to three qualities you circled for which you can recall actual examples and that you are willing to discuss with your partner.
2. Now open up to each other about the positive qualities you starred. Recall events where these characteristics were apparent and how they made you feel.

A Great Friend	Energetic	Nurturing
A Planner	Exciting	Organised
Active	Expressive	Playful
Adventurous	Fun	Practical
Affectionate	Funny	Receptive
Athletic	Generous	Relaxed
Attractive	Gentle	Reliable
Beautiful	Graceful	Reserved
Brave	Gracious	Resourceful
Calm	Handsome	Responsible
Careful	Imaginative	Rich
Caring	Intellectually Stimulating	Sensitive
Cheerful	Intelligent	Sexy
Committed	Interesting	Strong
Considerate	Involved	Thoughtful
Coordinated	Kind	Thrifty
Creative	Lively	Truthful
Dependable	Loving	Virile
Dominant	Loyal	Warm
Elegant	Lusty	Witty

### **PART 2:**

After you have completed the exercise in Part 1, reflect on how you and your partner reacted during your discussion. Circle your responses to the following statements, using this key:

SD	Strongly Disagree
D	Disagree
N	Neither Agree nor Disagree
A	Agree
SA	Strongly Agree

1. My partner teased me about my personality	SD1	D2	N3	A4	SA5
2. My partner was very complimentary towards me	SD5	D4	N3	A2	SA1
3. My partner made fun of me	SD1	D2	N3	A4	SA5
4. My partner showed me that he or she likes me	SD5	D4	N3	A2	SA1
5. It was hard to come up with anything positive about my partners character	SD1	D2	N3	A4	SA5
6. My partner was very affectionate	SD5	D4	N3	A2	SA1
7. My partner was sweet toward me	SD5	D4	N3	A2	SA1
8. My partner was vague and unspecific about my good qualities	SD1	D2	N3	A4	SA5
9. I had a good time doing this exercise	SD5	D4	N3	A2	SA1
10. My partner was sarcastic about my personality	SD1	D2	N3	A4	SA5
11. My partner had no trouble coming up with examples of my positive traits	SD5	D4	N3	A2	SA1
12. My partner really listened to me	SD5	D4	N3	A2	SA1
13. My partner was very warm toward me	SD5	D4	N3	A2	SA1
14. My partner had trouble coming up with stories about my good qualities	SD1	D2	N3	A4	SA5
15. My partner was derisive (expressed ridicule)					
16. SD1 D2 N3 A4 SA5					
17. We laughed a lot together doing these exercises	SD5	D4	N3	A2	SA1
18. I had trouble coming up with examples of my partner's good qualities	SD1	D2	N3	A4	SA5
19. My partner demonstrated respect toward me	SD5	D4	N3	A2	SA1
20. My partner had lots of examples of my good qualities	SD5	D4	N3	A2	SA1
21. My partner showed me that he or she admires me	SD5	D4	N3	A2	SA1
22. My partner mimicked me in a mocking way	SD1	D2	N3	A4	SA5
23. My partner expressed pride in me	SD5	D4	N3	A2	SA1
24. My partner used terms like "you always" or "you never" to describe negatives about my personality	SD1	D2	N3	A4	SA5
25. My partner made fun of me	SD1	D2	N3	A4	SA5
26. Doing these exercises was hard and unpleasant	SD5	D4	N3	A2	SA1
27. My partner swore a lot	SD1	D2	N3	A4	SA5
28. My partner belittled me	SD1	D2	N3	A4	SA5
29. I felt blamed by my partner for what is wrong with our relationship	SD1	D2	N3	A4	SA5
30. These exercises were interesting and fun to do	SD5	D4	N3	A2	SA1
31. My partner tried to describe nice qualities in my Personality, but it wasn't sincere	SD1	D2	N3	A4	SA5

When you are finished, please email your forms to [debra@anchoringyourlife.com](mailto:debra@anchoringyourlife.com) and you will receive your results via email within 48 business hours.

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