

Indicate on the line where you fall on each of the dimensions below.

Apologizing often -----	----- Never apologizing
Always expressing anger -----	----- Never expressing anger
Always crying -----	----- Never crying
Always offering compliments -----	----- Never offering compliments
Never criticizing -----	----- Always criticizing
Never shouting -----	----- Always shouting
Always offering comfort -----	----- Never offering comfort
Always saying "I love you" -----	----- Never saying "I love you"
Never sure to do -----	----- Always "sure" what to do
Blaming self -----	----- Blaming others
Intense -----	----- Laissez-faire
Promoting closeness -----	----- Promoting distance
Anxious to resolve conflicts -----	----- Aloof in response to conflicts
Unable to set limits -----	----- Set limits too easily
Using humor -----	----- Being serious
Rushing to fix -----	----- Letting child learn the hard way

Circle one of each of the choices for both statements:

Are you more sensitive to rejection or disrespect? Are you more comfortable with providing comfort or setting boundaries?