

Are You in a Fantasy Bond?

Couple Interactions Chart

Behavioral Checklist for Partners:

Rate yourself and your partner using the Couple Interactions Chart.

Describe yourself and your partner along these dimensions on a scale of 1 to 5:

1. Does not describe me/does not describe partner at this time.
2. Describes me on infrequent occasions/describes partner on infrequent occasions.
3. Describes how I am some of the time/describes how my partner is some of the time.
4. Describes how I frequently am/describes how my partner frequently is.
5. Describes me most or all of the time/describes my partner most or all of the time.

Non-defensive and open (able to listen to feedback without overreacting/open to new experiences):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Respect for other's boundaries:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Vulnerable (willing to feel sad, acknowledge hurt feelings, etc.):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Honest (straightforward, non-deceptive):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Physically affectionate:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Sexuality (satisfied with sexual relationship):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Empathic and understanding (lack of distortion of the other):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Communication (sense of shared meaning, feel understood):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

Non-controlling, non-manipulative, and non-threatening:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

How would you rate yourself along these dimensions?

Sense of well-being:

1 2 3 4 5

Self-confidence:

1 2 3 4 5

Optimism:

1 2 3 4 5

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