

# RELATIONSHIP MASTERY

## Scott & Nancy Kiesling

Every statement must be graded as: "No," "Partly," or "Yes." Honestly grade each statement: Select "Yes," for "yes, *this is really me.*" Select "Partly" for "*this is partly how I am,*" and select "No" for "*This is probably not how I am.*" (If you don't know whether it applies, it's usually best to check "no.")

1. People are impressed by me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

2. Feeling that I "belong" is important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

3. I need to feel grounded.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

4. I don't mind taking risks.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

5. I don't fear change.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

6. A failure is not a failure if you keep trying.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

7. I believe in giving back.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

8. I'm good at taking care of people.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

9. I often worry about what people are saying about me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

10. I like to have as much stability in my life as possible.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

11. It's important to contribute to your community.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

12. I like to develop new ideas and projects.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

13. I'm security conscious.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

14. I like to be an example to others.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

15. I'm competitive.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

16. I hate the feeling of boredom.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

17. I know how to make connections with people.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

18. I constantly aspire to improve.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

19. Danger is never exciting to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

20. In most close relationships I'm usually the giver.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

21. There is always something new to be learned.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

22. I need to feel fulfilled.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

23. I frequently evaluate myself.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

24. I like for things to be predictable.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

25. I am more loving than most people.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

26. Recognition is very important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

27. I like the feeling of exertion.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

28. I'm very careful of not over spending.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

29. Education is important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

30. I'm a leader.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

31. I'm always looking for new experiences.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

32. I sometimes over extend myself in trying to help people.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

33. My routines and habits are important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

34. I take pride in who I am.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

35. I like how learning something new changes my perspective.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

36. Sometimes the most important work is not what you're being paid for.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

37. I'm not an adventurous person.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

38. No one would say that I'm selfish.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

39. I tend to spend beyond my limits.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

40. I like to feel important.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

41. Every failure is a learning experience.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

42. I like to learn in order to teach what I learn.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

43. I seek unity in my relationship.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

44. I like to make a difference.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

45. I refrain from acting when I'm not sure about all the consequences of my actions.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

46. I suffer when I feel blocked.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

47. I enjoy suspense.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

48. Prestige is very important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

49. I'm a romantic.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

50. I'm constantly learning.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

51. Giving is more important to me than receiving.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

52. I like to be Number 1.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

53. I hate taking risks of any kind.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

54. I like to constantly develop myself.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

55. I like to give my time and energy to good causes.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

56. I like to be admired by others.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

57. I'm proud of my ability to learn new things.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

58. We are here to make this world a better place.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

59. I like to grow and develop in different areas.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

60. Personal relationships are the most important thing in my life.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

61. Sometimes I can be intimidating.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

62. I often look for new forms of entertainment.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

63. I'm concerned about anything that might be risky.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

64. Being fulfilled in your work is more important than being admired.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

65. I strive to improve my skills.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

66. I get close to people by being generous with money, time and energy.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

67. I like to think carefully before I go into action.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

68. Sometimes I like the thrill of experiencing fear.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

69. I need to feel respected.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

70. When we stop growing, we die.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

71. The feeling of togetherness is important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

72. For life to make sense, you have to leave a mark in the world.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

73. Feeling comfortable at all times is important to me.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

74. I enjoy being involved in many different activities.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

75. I'm always comparing myself to others in terms of success.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

76. I need to have passion in my relationship.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

77. If I'm not contributing to others, my life is meaningless.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

78. When making a decision, I often think about what might be more enjoyable.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

79. I can't stand to feel stagnant.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

80. I need to feel as safe as possible at all times.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

81. If I commit to something, I worry that something better might come along.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

82. I never want to be seen as a loser.

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Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

83. I don't care about having much stability in my life.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_

84. I have a mission.

Yes \_\_\_\_\_ Partly \_\_\_\_\_ No \_\_\_\_\_