



WAYS TO DESTROY YOUR RELATIONSHIP: Your PERSONAL SCORE CARD

On a scale of 0-10 rate yourself on each measure:

0 = not an issue for me 10 = big issue for me

- _____ 1. Dishonesty
- _____ 2. Unrealistic expectations
- _____ 3. Not managing emotions
- _____ 4. Attempting to change your partner
- _____ 5. Lack of engagement
- _____ 6. Insisting on being right
- _____ 7. Being unconscious/unaware
- _____ 8. Selfishness
- _____ 9. _____
- _____ 10. _____
- _____ SUM