



Phil
in the
(blanks)

RELATIONSHIP REALITY CHECK

Dr. Phil

HOW MUCH FUN
ARE YOU
TO BE WITH?

RELATIONSHIP REALITY CHECK: IT STARTS WITH YOU

You can't control your partner. You can't make changes for your partner. You can't tell your partner what to do. But you can inspire your partner. You can give your partner a whole new set of behaviors and stimuli to respond to.

Rescuing your relationship means rescuing you. Until you begin to live with dignity, respect, and emotional integrity, you will not have that quality and level of interaction with anyone else. You cannot give away what you do not have. If you don't have a pure and healthy love and regard for yourself, how can you possibly give that to anyone else? And if you can't give it to anyone else, then how can you possibly expect to have it reciprocated? You have to be willing to admit that when it comes to conducting a relationship, whatever you are thinking and feeling and doing is not working.

You have to be willing to move your position on some very deep beliefs and long-held emotions and behavioral patterns. You must be willing to utterly change the way you think, feel, and act in relationship to yourself and your partner. Getting back in touch with your core of consciousness will remind and convince you that there is nothing wrong with you that justifies your having less than a rewarding relationship in which you can live, love, and laugh every day of your life.

RELATIONSHIP REALITY CHECK: IT STARTS WITH YOU

Are you ready to embrace a new kind of thinking, a new belief system, a new way of looking at yourself and your partner?

Answer the following questions:

- Can you forget what you think you know about managing relationships?
- Can you decide to measure the quality of your relationship based on results instead of intentions or promises?
- Can you decide that you would rather be happy than right?
- Can you stop playing the blame game and recognize that it is a new day?
- Can you be willing to move your position on how you approach and engage your partner?
- Can you be willing to get real and be honest with yourself, about yourself, no matter how painful it is?
- Can you stop the denial and be completely, totally honest about the state of your current relationship? If you answer no to any of these questions, stop and take the time to figure out why you're still hanging on to this destructive mindset, then describe specifically what it will take to change that "no" into a "yes."

RELATIONSHIP REALITY CHECK: PERSONAL CONCEPT PROFILE

This is designed to stimulate your thinking about your current relationship and how it has affected you. Use these insights and this information to create clarity about what's going on in your relationship. Use a journal to record your thoughts. The following are 42 sentences. You are to finish each sentence with an honest and spontaneous thought. Do not spend a great amount of time contemplating any one item. Your first reaction will probably be the most revealing.

NOTE: Be brutally candid in all of your responses. Resist the temptation to put down a "right" answer. No one needs to see these responses but you.

1. I tend to deny ...
2. I am happiest when ...
3. Sometimes I ...
4. What makes me angry is ...
5. I wish ...
6. I hate it when ...
7. When I get angry I ...
8. I would give anything if my partner would ...

9. Sometimes ...
10. I would be more lovable if ...
11. My mother and father ...
12. If only I had ...
13. My best quality is ...
14. Sometimes at night ...
15. When I was a child ...
16. My worst trait is ...
17. My life really changed when ...
18. If my relationship ends it will be because ...
19. My partner hates it when I ...
20. When I am alone I ...
21. My partner gets angry when ...
22. My partner's greatest fear is ...
23. It hurts me when my partner ...
24. I feel the loneliest when ...
25. I am afraid ...

26. I love ...
27. We used to laugh more because ...
28. It would be best if ...
29. Friends ...
30. I feel like a phony when ...
31. I can't forgive ...
32. Together we ...
33. What surprises me is ...
34. I believe ...
35. Other people think ...
36. Men ...
37. Women ...
38. I regret ...
39. It doesn't pay to ...
40. It helps when we ...
41. If only ...
42. We never seem to ...

RELATIONSHIP REALITY CHECK: PERSONAL CONCEPT PROFILE

Whether you realize it or not, your answers to these questions have provided you with some important revelations about your attitudes, and some equally important patterns or trends in your behavior. Based on your 42 responses, now answer the following questions:

- 1. Look at your responses to items 4, 6, 7, 16, 17, 24, 25, 31. What do these answers tell you about anger in your life and your relationship? Write at least two paragraphs.**
- 2. Look at your responses to items 1, 2, 14, 25, 27, 30. What do these answers tell you about fear in your life? Write at least two paragraphs.**
- 3. Look at your responses to items 2, 8, 10, 14, 20, 23, 24, 42. What do these answers tell you about the loneliness in your life and relationship? Write a least two paragraphs.**
- 4. Look at your responses to items 4, 6, 8, 11, 12, 16, 19, 31, 38, 41. What do these answers tell you about blame and forgiveness in your life and relationship? Write at least two paragraphs.**
- 5. Look at your responses to items 2, 3, 5, 8, 12, 26, 28, 34, 41, 42. What do these answers tell you about the dreams in your life and relationship? Write at least two paragraphs.**

RELATIONSHIP REALITY CHECK: HEALTH PROFILE

Circle either True or False for each item.

1. I am satisfied with my sex life. **True / False**
2. My partner doesn't really listen to me. **True / False**
3. I trust my partner. **True / False**
4. I feel picked on and put down. **True / False**
5. I feel hopeful about our future. **True / False**
6. It is not easy to share my feelings. **True / False**
7. My partner often says, "I love you." **True / False**
8. Sometimes I feel rage. **True / False**
9. I feel appreciated. **True / False**
10. I am out of control. **True / False**
11. My partner is there for me in hard times. **True / False**
12. My partner is harsh in his or her criticism. **True / False**
13. My partner understands me. **True / False**
14. I fear my partner is bored. **True / False**
15. My partner doesn't like to share what's on his or her mind. **True / False**
16. I imagine myself divorced. **True / False**
17. My relationship is what I always dreamed of. **True / False**
18. I know I am right. **True / False**
19. My partner treats me with dignity and respect. **True / False**
20. My partner is a taker. **True / False**
21. We often do fun things together. **True / False**
22. Sometimes I just want to hurt my partner. **True / False**
23. I feel loved. **True / False**
24. I would rather lie than deal with a problem. **True / False**
25. We still have a lot of passion in our relationship. **True / False**
26. I am trapped with no escape. **True / False**
27. My partner thinks I am fun to be with. **True / False**
28. Our relationship has gotten boring. **True / False**
29. We enjoy going out on dates alone. **True / False**
30. My partner is ashamed of me. **True / False**

RELATIONSHIP REALITY CHECK: HEALTH PROFILE

31. We trust each other a great deal. **True / False**
32. We have become nothing more than roommates. **True / False**
33. I know my partner will never leave me. **True / False**
34. I am no longer proud of my body. **True / False**
35. My partner respects me. **True / False**
36. My partner constantly compares me to others. **True / False**
37. My partner still finds me desirable. **True / False**
38. We just seem to want different things. **True / False**
39. I am allowed to think for myself. **True / False**
40. I feel crowded by my partner. **True / False**
41. I am honest with my partner. **True / False**
42. People have no idea what our relationship is really like. **True / False**
43. My partner is open to suggestions. **True / False**
44. My partner has shut me out. **True / False**
45. My partner is my primary source of emotional support. **True / False**
46. I feel judged and rejected by my partner. **True / False**
47. My partner cares if I am upset or sad. **True / False**
48. My partner treats me like a child. **True / False**
49. My partner puts our relationship ahead of all others. **True / False**
50. I never satisfy my partner. **True / False**
51. My partner wants to hear my stories. **True / False**
52. I chose my partner for the wrong reasons. **True / False**
53. I look forward to our time together. **True / False**
54. My partner thinks I am boring in bed. **True / False**
55. My partner is lucky to have me. **True / False**
56. My partner treats me like an employee. **True / False**
57. I win my share of disputes. **True / False**
58. I envy my friends' relationships. **True / False**
59. My partner would protect me if necessary. **True / False**
60. I am suspicious of my partner. **True / False**
61. I feel needed by my partner. **True / False**
62. My partner is jealous of me. **True / False**

RELATIONSHIP REALITY CHECK: HEALTH PROFILE

Scoring

Now go back over your test and count all of the even-numbered questions to which you answered True. Write down the total. Now go back and count all of the odd-numbered items to which you answered False. Add that number to your "True total" to get your overall score.

Even numbered "True" responses _____

Odd-numbered "False" responses _____

Overall Total _____

This test is designed to give you a quick snapshot of the health of your relationship.

If your overall score is above 32, it is likely that your relationship is in extreme danger of failing.

If your total score is between 20 and 32, then your relationship is seriously troubled and you may be living an "emotional divorce."

If your total score is between 12 and 19, then your relationship is probably about average (which is not great) and certainly needs work.

If your score is below 11, then your relationship is well above the norm and may have isolated areas in which you can improve.

RELATIONSHIP REALITY CHECK: CHEMISTRY TEST

Circle "True" for all of the statements that express at least occasional problems on your part.

1. I am no longer physically attracted to my partner. **True False**
2. My partner makes me feel sexy. **True False**
3. My partner and I no longer kiss and caress. **True False**
4. Sex with my partner is energetic and satisfying. **True False**
5. My partner and I no longer flirt with each other. **True False**
6. My partner and I would rather be together alone than with other people. **True False**
7. I no longer look my partner in the eye when we are alone together. **True False**
8. If we don't have sex every few days, I really begin to miss it. **True False**
9. At various times I resent my partner. **True False**
10. I love to give my partner physical pleasure. **True False**

Scoring

Any odd-numbered item to which you answered True or even-numbered item to which you answered False scores against your relationship. If your score is higher than three, you obviously have problems with the intimate/sexual aspect of your relationship. Note the items that scored against your relationship so as to use them as objectives in later planning.

RELATIONSHIP REALITY CHECK: MYTHS

Think your relationship is a failure because you and your partner aren't following certain "rules" or meeting certain standards? Dr. Phil blows the whistle on 10 of the most common but dangerous relationship myths.

MYTH #1: A GREAT RELATIONSHIP DEPENDS ON A GREAT MEETING OF THE MINDS: You will never see things through your partner's eyes because you are two entirely different people. You are genetically, physiologically, psychologically and historically different.

You will not solve your relationship problems by becoming more alike in your thinking. Men and women are wired differently. Attempting to blur your fundamentally different viewpoints is unnatural and even dangerous. Recognize that a relationship is far more enjoyable when you're with someone who enriches your life, not simply reflects it. Appreciate your differences.

RELATIONSHIP REALITY CHECK: MYTHS

MYTH #2: A GREAT RELATIONSHIP REQUIRES A GREAT ROMANCE: Yes, your life with your partner should include plenty of romance. But don't kid yourself and expect an unrealistic Hollywood fairytale. The truth is that in the real world, being in love is not like falling in love. Falling in love is only the first stage of love. It's impossible to remain in that stage. A mature relationship will shift from dizzying infatuation to a deeper, more secure love.

Don't make the common mistake of thinking that when the initial wild passion fades you aren't in love anymore. The answer is not to start a new relationship so you can recapture that emotional high with someone else. The answer is to learn how to move on to the next stages of love for a different but richer experience.

MYTH #3: A GREAT RELATIONSHIP REQUIRES GREAT PROBLEM-SOLVING: Don't fall into the trap of believing that you and your partner can't be happy if you can't resolve your serious disagreements. Ninety percent of problems in a relationship are not solvable.

There are things that you and your partner disagree about and will continue to disagree about. Why can't you once and for all resolve these issues? Because in order to do so, one of you would have to sacrifice your values and beliefs. You can simply agree to disagree and reach "emotional closure" even though you haven't reached closure on the issue.

MYTH #4: A GREAT RELATIONSHIP REQUIRES COMMON INTERESTS THAT BOND YOU TOGETHER FOREVER: There is nothing wrong with your relationship if you don't share common interests and activities.

If you and your partner are forcing yourselves to engage in common activities but the results are stress, tension and conflict, don't do it!

MYTH #5: A GREAT RELATIONSHIP IS A PEACEFUL ONE: Don't be afraid to argue because you think it's a sign of weakness or relationship breakdown. Even the healthiest couples argue.

If approached properly, arguing can actually help the relationship by (a) releasing tension and (b) instilling the sense of peace and trust that comes from knowing you can release feelings without being abandoned or humiliated. Instead of worrying about how many times you argue, worry about how you argue.

Here are some guidelines:

- Don't abandon the issue and attack the worth of your partner during an argument.
- Don't seek conflict because it's stimulating.
- Don't pursue a take-no-prisoners approach in your arguments.
- Don't avoid achieving emotional closure at the end of an argument.

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