

DIFFERENT STROKES FOR MARRIED FOLKS

1. To let you know what kinds of affirmation I need, I tend to:
 Ask for what I want
 Look hurt or needy, hoping you'll guess what I need
 Expect you to know what I want without having to be told
 Give you the type of affirmation, appreciation and affection I desire, hoping you will reciprocate
 Tell myself to grow up and not seek affirmation
2. The most effective ways to obtain the affirmation I need are:
3. When you express affirmation, appreciation, or affection, I usually:
 Accept your gestures at face value
 Suspect you have a hidden motive
 Accept what you say outwardly but reject it inwardly
 Don't allow myself to hear it
4. When I have trouble accepting your affirmation, I usually:
 Shrug it off as being inauthentic or undeserved
 Return the words of affirmation quickly to "even the score"
 Undermine it with thought such as, "if you only knew the real me..."
 Laugh it off
 Quickly change the subject
5. When I don't receive the affirmation, appreciation, or affection I need I tend to:
 Get angry and start an argument
 Feel hurt and withdraw from you emotionally
 Decide I don't deserve to be affirmed
6. I have difficulty giving you affirmation, appreciation, or affection because:
 I don't think you deserve it
 You already know how I feel
 I don't want you to become conceited
 You get enough affirmation from others
 If I start now you'll always expect it
 You never give me "strokes", so why should I reciprocate?
 I can't think of anything to say
7. To accept your expressions of affirmation more graciously, I would like:
8. If I could freely show appreciation and affection, our relationship would benefit in these ways:
9. To break the barriers that prevent me from giving "strokes" more freely, I am willing to: