

The Relationship Test

This test is based on a few assumptions and they are detailed here:

- Communication is a priority in having a positive and respectful relationship.
- Respect for each other, including differences in beliefs, is essential
- Trust is paramount. If you do not trust someone it is generally because patterns of behaviour have been set up between the two of you that do not allow trust.
- We own our feelings, no one else can make us feel anything, we ultimately choose how we feel.

Answer YES or NO to the following questions:

1. When you discuss something with your partner and he or she does not agree with you, do you have a tendency to get angry and blame him or her for not attempting to understand you? As a result they have made you angry?
YES / NO
2. If you discuss something with your partner and it gets heated, resulting in an argument, do you blame him or her for making you angry because he or she just could not see your point of view?
YES / NO
3. If you find your partner does something you are not comfortable with, like going out late, do you get anxious, or frustrated, blaming him or her for how you feel? They know you do not like him or her doing this, but he or she still does it.
YES / NO
4. Are there habits that your partner has that you have tried to change, believing that if he or she changed, he or she would be a better person for it?
YES / NO

Answering system:

1. If you answered yes to this question, you are using a very common process known as ‘projection’. This is where an event happens that we are not comfortable with so we project our feelings onto another person. In this case your mind would be thinking:

“I am not happy my partner does not agree with me and cannot even see my point of view. If they could just see my reasoning, they would understand my point of view. Because he or she can’t, he or she is the reason for me getting angry and frustrated”.

We blame the other person for how we are feeling – a sure way of not achieving the level of happiness you want from your relationship.

2. This is similar to number 1 but focuses more on just feelings. From an early age it is accepted as fairly normal to blame someone else or some event that has happened in our life, if we feel angry.

“He or she called me an idiot so I got angry”.

After all, why would we ‘choose’ to feel negative (angry etc)? If you have children now, you will be doing them a great favour if you help them avoid the blame trap. Help your child to explore options to the negative feeling he or she has.

You can probably appreciate that as an adult, after years of blaming others for whenever we felt angry, it becomes a very solid part of who we are. But again, ‘blaming’ will not allow you the level of happiness you desire in your relationships - no matter how much you feel justified blaming that person or event.

3. You are probably starting to get the idea here, the response to this is very similar to 1 and 2.
4. A of young people start out their relationships going through this phase.

“If only my partner would change, our relationship would be so much better”.

A lot of this type of thinking is the product of socially constructed gender differences in our society – girls are meant to be *this* way (you can fill in here any stereotypes you have of females) and are *better* at these things (you can fill in here any stereotypes you have of females) and then boys are meant to be another way.

Again, trying to change others will not allow you the happiness you desire. After all, think about it – how arrogant is it to think we might be *better* than our partner and they need to change?

Summary:

Is all this food for thought?

Like to know more? Feel free to contact Mark on 97572542 or support@gr8relationships.com

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