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The information in this questionnaire reflects current medical knowledge. The recommendations and information are appropriate in most cases; however, they are not a substitute for professional diagnosis and treatment. For specific information, the publisher suggests that you consult a physician. The names of organizations, products, or alternative therapies that may appear here are given for informational purposes only. Their inclusion does not imply an endorsement, nor does the omission of any organization, product, or alternative therapy indicate a disapproval.

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## The Relationship Crisscross Questionnaire

This exercise will help your unconscious, inner perceptions of your relationship to surface. It will also help you explore whether your assumptions about your partner's point of view are accurate. Circle the answer that best matches your feelings. Ask your partner to do the same. When you have completed the questionnaire, look over your answers once more. Then show your answers to each other to gain insight into each other's perceptions about the relationship. Remember that differences are neither right nor wrong. They are normal and expected. You'll be surprised at what you read.

### RELATIONSHIP CRISSCROSS QUESTIONNAIRE

I think our relationship is:

very happy    happy    unhappy    very unhappy

My partner thinks our relationship is:

very happy    happy    unhappy    very unhappy

When disagreements arise, I think:

I usually give in    my partner usually gives in    we mutually agree

When disagreements arise, my partner thinks:

I usually give in    my partner usually gives in    we mutually agree

When it comes to social activities and recreation, I think:

we do too much    we do just enough    we should do more

When it comes to social activities and recreation, my partner thinks:

we do too much    we do just enough    we should do more

(For married couples)

I wish I had not married:

always    frequently    sometimes    never

(For married couples)

I think my partner wishes he or she had not married:

always    frequently    sometimes    never

(For married couples)

If I could live my life over, I would marry:

the same person    a different person    not at all

(For married couples)

If my partner could live his or her life over, I think he or she would marry:

me    a different person    not at all

I want my partner to be a certain kind of person:

always    frequently    sometimes    never    Details \_\_\_\_\_

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My partner wants me to be a certain kind of person:

always    frequently    sometimes    never    Details \_\_\_\_\_

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I feel that we confide in or confront each other about:

finances	always	frequently	sometimes	never
angry feelings	always	frequently	sometimes	never
sexual fantasies	always	frequently	sometimes	never
appreciation of thoughtfulness	always	frequently	sometimes	never
holding a grudge	always	frequently	sometimes	never

I think my partner feels that we confide in or confront each other about:

finances	always	frequently	sometimes	never
angry feelings	always	frequently	sometimes	never
sexual fantasies	always	frequently	sometimes	never
appreciation of thoughtfulness	always	frequently	sometimes	never
holding a grudge	always	frequently	sometimes	never

During arguments, do you think you fight fairly:

always    frequently    sometimes    never

Do you think your partner thinks you fight fairly:

always    frequently    sometimes    never

Do you think your partner fights fairly:

always    frequently    sometimes    never

Do you think your partner thinks he or she fights fairly:

always    frequently    sometimes    never

I can be critical of my partner without being upset myself:

always    frequently    sometimes    never

My partner can be critical of me without my becoming upset:

always    frequently    sometimes    never

I think my partner disapproves of me:  
always frequently sometimes never

I disapprove of my partner:  
always frequently sometimes never

I think my partner does not like me the way I am:  
always frequently sometimes never

I don't like my partner the way he or she is now:  
always frequently sometimes never

I think my partner's outward response to me is different from what he or she is feeling inside:  
always frequently sometimes never

My outward response to my partner is different from what I am feeling inside:  
always frequently sometimes never

I feel a risk in being open and honest with my partner about my inner feelings:  
always frequently sometimes never

I think my partner feels a risk in being open and honest with me about his or her inner feelings:  
always frequently sometimes never

What other people think of me affects the way my partner feels about me:  
always frequently sometimes never

What other people think of my partner affects the way I feel about him or her:  
always frequently sometimes never

When I'm honest with my partner about my feelings, he or she gets upset or withdraws:  
always frequently sometimes never

When my partner is honest with me about his or her feelings, I get upset or withdraw:  
always frequently sometimes never

I get uneasy when my partner talks about \_\_\_\_\_  
\_\_\_\_\_

My partner gets uneasy when I talk about \_\_\_\_\_  
\_\_\_\_\_