

Do the Key People in Your Life Feel Safe with You?

Fill out this form by viewing it from the perspective of the other person. Choose your most important relationship(s) and complete the following sentences by filling in the blank with the name of your spouse, child, friend, church, coworker, etc.

Use this scale to attain your score: 5-usually, 4-often, 3-sometimes, 2-seldom, 1-never

_____ probably feels:

1. _____ I can be judgmental or critical of them.
2. _____ I can neglect to find them fascinating, and I'm not curious to understand them when they are different from me.
3. _____ I have blamed them for how I feel when they offend me or hurt my feelings.
4. _____ I expect them to be my main source of joy and fulfillment.
5. _____ I'm uneasy when we are together because they seem to be hesitant to open up and share their deepest feelings, suggestions and needs with me.
6. _____ When I think out loud with them, I can be critical of them.
7. _____ I can neglect to be concerned about many areas of their life.
8. _____ I underestimate their value and where their priority is in my life.
9. _____ They seem to be tense spending time with me.
10. _____ I tend to neglect their opinions, ideas, concerns, expectations, feelings and needs.
11. _____ I can disaffirm the value of their physical, mental, emotional and spiritual uniqueness (gender, body type and personality)
12. _____ I hesitate to trust their words and actions.
13. _____ I tend to preempt how they feel about themselves or other issues.
14. _____ I can be neglectful of praising them for what they do and say.
15. _____ I am lax to repair relational damage quickly.
16. _____ My anger is uncontrolled with them.
17. _____ I can fail to partner with them in finding win-win solutions to mutual problems or disagreements.
18. _____ I resist the idea that we are on the same relational team.
19. _____ I slack at working hard to have a loving and fulfilling relationship.
20. _____ I have a hard time forgiving them when they offend me.

Scoring: 20-40 Others feel safe with you. (The goal is to hit 20.)
41-70 You need improvement for others to feel safe with you.
71-100 Others feel very unsafe with you.

Deep, satisfying, and fulfilling friendships are more naturally developed
when the relationship becomes safer each day.