Relationship Survey

1. Are you a good listener?
2. Who do you trust and why?
3. When was the last time someone apologized to you, what was your response and how did the relationship change?
4. Can you name a personal social boundary that you have?
5. How do you numb and how do you think it is effecting you?
6. Which category of social connections do you have the most friends at and which category could you improve can you name?
7. Rate yourself on all three aspects of romantic competence ( score yourself 1 thru 10 on each ). You don’t need to be in a romantic relationship to complete this assessment.

a. Insight

b. Mutuality

c. Emotional regulation

d overall romantic competence score and why?