



Name _____ Date _____

Internal Working Model of Relationships: II (A)

Instructions: Consider each statement made below, and see if it fits something you yourself believe.

SA = Strongly Agree

A = Agree

N = Neutral

D = Disagree

SD = Strongly Disagree

1. It is important to know about someone else because that knowledge is power.
SA A N D SD
2. If you really can read someone you can usually get what you want from them.
SA A N D SD
3. If my partner gets to know me well he (she) will use it to manipulate me toward her (his) ends.
SA A N D SD
4. When I get close to someone I am afraid they will know too much about me.
SA A N D SD
5. When people pay me a compliment I wonder what they want.
SA A N D SD
6. When someone is proud of me I think they are out to get something from me.
SA A N D SD
7. I think most people's accomplishments are usually real hype and phony.
SA A N D SD
8. If I showed someone I admired him I'd be making myself too vulnerable.
SA A N D SD
9. I don't want to spend too much time with any one person.
SA A N D SD
10. When I am being very nice, I am usually after something.
SA A N D SD
11. I don't believe that anyone ever truly loves me for who I am.
SA A N D SD



12. When someone finds me interesting, I feel like I have the upper hand.
SA A N D SD
13. In this world usually no one really truly cares about anyone else.
SA A N D SD
14. I expect people to be selfish because that's what I would do.
SA A N D SD
15. As soon as someone starts becoming nasty, I will turn against them.
SA A N D SD
16. When you do things for others they will take advantage of you.
SA A N D SD
17. I put on bad moods sometimes just to throw people off guard.
SA A N D SD
18. Everyone in this world is mostly out to get what they can.
SA A N D SD
19. I can't tolerate too much closeness to people.
SA A N D SD
20. I am basically a loner.
SA A N D SD
21. I am not all that fond of people.
SA A N D SD
22. No one will ever overlook my own faults, so I try to keep them hidden.
SA A N D SD
23. No one has really ever truly accepted me and I don't blame them.
SA A N D SD
24. When I get upset, I come on like a ton of bricks because of the element of surprise attack.
SA A N D SD
25. If I didn't come on strong people would walk all over me.
SA A N D SD
26. When my partner complains in a nice way, I see it as a weakness.
SA A N D SD
27. People have their uses when you need something.
SA A N D SD
28. When my partner is upset and still trying to be nice, I know I have the upper hand.
SA A N D SD



29. I can always persuade people that I am right.
SA A N D SD
30. Why not try to be persuasive since it is so easy?
SA A N D SD
31. If you don't control others, they will try to control you.
SA A N D SD
32. I am not going to let my spouse influence or control me in any way.
SA A N D SD
33. I can be very stubborn, but that's because I can't let anyone walk all over me.
SA A N D SD
34. Once things have gone sour between us, I just couldn't care less.
SA A N D SD
35. When I am upset I come on strong so that I will be in charge.
SA A N D SD
36. It's hard for me to let my spouse try to make things better between us, unless (he or she) gives in.
SA A N D SD
37. My partner's attempts to repair things between us are never going to work.
SA A N D SD
38. I don't usually really get upset, but I like to act upset for the effect it has.
SA A N D SD
39. I can put on a show of being in a bad mood just to get the upper hand.
SA A N D SD
40. When my spouse is upset, I wouldn't even bother calming him (or her) down.
SA A N D SD
41. I am good at creating upset in my partner if it helps me stay in control.
SA A N D SD
42. Why compromise if you don't have to, and I usually don't have to?
SA A N D SD
43. When we disagree, I become impatient and just want to win the argument.
SA A N D SD
44. When my partner suggests a compromise, I get mad and stubborn.
SA A N D SD
45. I don't have too much respect for rules.
SA A N D SD



46. When my partner suggests that I give in a little if he (she) will, I see that as an attempt to manipulate me.
SA A N D SD
47. If my partner wants things in life that are different from what I want, it's fine with me, as long as it doesn't cost me my freedom.
SA A N D SD
48. Unless they are the same as mine, I don't much care about my partner's goals in life.
SA A N D SD
49. I demand that my marriage support my interests even if they are not my spouse's interests.
SA A N D SD
50. My own dreams and interests in life have got to be central in my marriage.
SA A N D SD
51. I don't have too much respect for the law.
SA A N D SD

Total Score: For each item tally SA=4, A=3, N=2, D=1, SD=0.



Organizing Interventions for Dealing with Resistance:

