

Review Scale 1: I felt dissatisfied with or disapproving of my partner's thinking or actions first. (For an overview of effective reactions, see <i>Review Chart 1:</i> You Felt Dissatisfied with or Disapproving of Your Partner's Thinking or Actions First)																							
What did your partner say or do (or fail to say or do) that bothered you?	<p><i>(Note: If your partner's conduct involved lying, engaging in deliberate deception, being sexually unfaithful or physically aggressive, breaking a clear agreement with no good reason, badmouthing or undermining you, violating your privacy or personal space or engaging in unilateral decision-making about something she knows you have strong feelings about, Review Scale 3 is probably more appropriate. For all other situations where you felt dissatisfied with or disapproving of your partner's thinking or actions, this scale is most likely the right choice.)</i></p>																						
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		<p>them.</p> <ul style="list-style-type: none"> I explained my point of view without implying that it was better than hers. 	
<p>Scale C</p> <p>If you checked boxes on the right side of both Scales A & B, rate her reactions to you using Scale C.</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	<p>She seemed defensive, dismissive and/or critical.</p>	<p>She was willing to consider my point of view, be flexible, and/or explain her reasons non-defensively.</p>
	<p>Scale D</p> <p>If you checked a box on the right side of Scale C, rate your subsequent reactions using Scale D.</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	<p>In my head, I was thinking things like,</p> <ul style="list-style-type: none"> “She doesn’t know what he’s talking about!” “She can’t see the whole picture ...her perspective is skewed by her own agenda” “Her reasoning or expectations are unrealistic (or excessive, short-sighted or out-of-whack.)” <p>I disputed her reasoning, pointed out the errors in her logic, said or implied that she wasn’t making sense, and insisted that she start thinking or acting better.</p> <p>or</p> <p>I dropped the subject in order to avoid an argument.</p>
<p>Scale E</p> <p>If you checked a box on the left side of Scale C, rate your subsequent reactions using Scale E.</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	<p>In my head, I was thinking mainly about how closed-minded, inflexible, selfish, clueless or, controlling she was being.</p>	<ul style="list-style-type: none"> I thought twice before trusting my first impression that she was defensive, dismissive and/or critical. I considered that I might be misreading her. I avoided hitting the panic button, and reminded myself that her defensive, dismissive or critical attitude was probably just temporary. I assumed that she was defensive or dismissive because she felt that I was saying or implying that her viewpoint or conduct was wrong or sub-standard.
	<p>Scale F</p> <p>If you checked a box on the left side of Scale C, continue rating your subsequent reactions using Scale F</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	<p>I accused her of being selfish, clueless or controlling. I made a big deal of how awful she was being.</p>

		<p>(Applicable only if she was still defensive, dismissive and/or critical)</p> <ul style="list-style-type: none"> • I expressed irritation at her attitude and let her know that I didn't expect her to agree with me, but I did expect her to respect my viewpoint and be willing to give and take.
<p>-1- If you could redo this situation, what might you say to yourself that could help you react more effectively?</p>		
<p>-2- If you could redo this situation, what might you say (or do) differently that would be more effective?</p>		
<p>Now, please take a few moments to relax and go back through your mind and relive the situation again, moment by moment. See your partner doing the thing that triggered you. See it vividly enough so that you can actually feel irritated or upset again right now. As you do this, picture yourself thinking the productive thought you identified in section 1 above. Now see yourself actually saying to your partner the things you identified in section 2 above. Practice saying them out loud right now if there's nobody around.</p>		

Review Scale 2: My partner expressed dissatisfaction with or disapproval of my thinking or actions first (For a full overview of effective reactions, see <i>Review Chart 2:</i> Your Partner Communicated Dissatisfaction with or Disapproval of Your Thinking or Actions First)			
What was the situation about?			
Scale A How did your partner seem?	<div style="display: flex; justify-content: space-between; font-size: small;"> <div><input type="checkbox"/> This side fits much better</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> Parts of both sides fit equally well</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> This side fits much better</div> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">Your partner seemed to have her mind made up, and wasn't open to anything I said.</td> <td style="width: 50%; padding: 5px;">Your partner was dissatisfied or disapproving, but also seemed at least somewhat open to my perspective, too.</td> </tr> </table>	Your partner seemed to have her mind made up, and wasn't open to anything I said.	Your partner was dissatisfied or disapproving, but also seemed at least somewhat open to my perspective, too.
Your partner seemed to have her mind made up, and wasn't open to anything I said.	Your partner was dissatisfied or disapproving, but also seemed at least somewhat open to my perspective, too.		
Scale B If you checked a box on the left side of Scale A, rate your subsequent reaction using Scale B. (Skip this scale if you checked a box on the right side of Scale A).	<div style="display: flex; justify-content: space-between; font-size: small;"> <div><input type="checkbox"/> This side fits much better</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> Parts of both sides fit equally well</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> This side fits much better</div> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">In my head, I was thinking mainly about how unreasonable her attitude and/or expectations were and how I could get her to realize this.</td> <td style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> I thought twice before trusting my first impression that she was inflexible. I considered the possibility that I could be misreading her. I avoided hitting the panic button and reminded myself that her critical or dismissive attitude was probably just temporary. I reminded myself that it's natural enough to see things from one's own perspective and that it wasn't exactly a crime that she was having a hard time being open-minded. I reminded myself that she might be more flexible and/or open-minded if I assured her that I would be open to what she was saying. </td> </tr> </table>	In my head, I was thinking mainly about how unreasonable her attitude and/or expectations were and how I could get her to realize this.	<ul style="list-style-type: none"> I thought twice before trusting my first impression that she was inflexible. I considered the possibility that I could be misreading her. I avoided hitting the panic button and reminded myself that her critical or dismissive attitude was probably just temporary. I reminded myself that it's natural enough to see things from one's own perspective and that it wasn't exactly a crime that she was having a hard time being open-minded. I reminded myself that she might be more flexible and/or open-minded if I assured her that I would be open to what she was saying.
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Scale C If you checked a box on the left side of Scale A, continue rating your subsequent reaction using Scale C. (Skip this scale if you checked a box on the right side of Scale A).	<div style="display: flex; justify-content: space-between; font-size: small;"> <div><input type="checkbox"/> This side fits much better</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> Parts of both sides fit equally well</div> <div><input type="checkbox"/> This side fits somewhat better</div> <div><input type="checkbox"/> This side fits much better</div> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> I disputed what she was saying and pointed out the errors in her logic. I made a big deal of how unreasonable her attitude was. I said or implied that there wasn't anything wrong with the way I was thinking or acting and that she should just drop it. -or- I tried to say as little as possible, I agreed </td> <td style="width: 50%; padding: 5px;"> I both asked her to adjust her attitude and keep an open mind, --and-- I assured her that I was willing to do the same. I said something like <ul style="list-style-type: none"> "Stop it! I'm listening!" "Don't! I'm trying to hear what you're talking about!" "Don't act like obviously you're right and I'm </td> </tr> </table>	I disputed what she was saying and pointed out the errors in her logic. I made a big deal of how unreasonable her attitude was. I said or implied that there wasn't anything wrong with the way I was thinking or acting and that she should just drop it. -or- I tried to say as little as possible, I agreed	I both asked her to adjust her attitude and keep an open mind, --and-- I assured her that I was willing to do the same. I said something like <ul style="list-style-type: none"> "Stop it! I'm listening!" "Don't! I'm trying to hear what you're talking about!" "Don't act like obviously you're right and I'm
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	with her, or I gave an insincere apology just to keep the peace	wrong! I need to feel like you're open to the possibility that there might be good reasons for my opinions or actions. I'll try to be open to your reasoning, too." [8]
<p>Scale D</p> <p>If you checked a box on the right side of Scale A, rate your subsequent reaction using Scale D.</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	
	<p>In my head, I was thinking things like,</p> <ul style="list-style-type: none"> • “She doesn’t know what she’s talking about!” • “She can’t see the whole picture ...her perspective is skewed by her own agenda” • “Her reasoning or expectations are unrealistic (or excessive, short-sighted or out-of-whack.)” 	<p>I let her know that it was good that she was talking to me about this, she usually has good points, and I was assuming that she was saying something that I should seriously consider.</p> <p>1. I saw right away that she had a good point and I acknowledged it.</p> <p>...or...</p> <p>2. Her perceptions, reasoning or expectations seemed “off” (inaccurate, unrealistic, excessive, unreasonable, short-sighted, or sub-standard), and I did the following:</p> <ul style="list-style-type: none"> • I reminded myself that just because she seemed “off” didn’t mean that she <i>really</i> was off. I considered that she might have information I didn’t have, or that there could be more than one legitimate way to look at situations or issues like this one. • I reminded myself that if I believed that her perceptions, reasoning or expectations were off when they arguably weren’t, I’d be reacting exactly like people who rarely get the kind of respect and cooperation from their partners they’d like to have. • I reminded myself that letting go of the idea that her perceptions, reasoning or expectations were off did not mean that I had to agree or go along with them (because there was nothing wrong with mine either and they needed to count as much as hers). • I heard her out and refrained from disputing or debating what she was saying before she was able to explain fully.
<p>Scale E</p> <p>If you checked a box on the right side of Scale A, continue rating your subsequent reaction using Scale E.</p>	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	
	<p>I disputed her reasoning and pointed out the errors in her logic. I said or implied that she wasn’t making sense, she was being unreasonable or unrealistic, she wasn’t taking the whole picture into account, or that she was over-reacting.</p>	<p>1. I listened with an open mind and asked her for clarification until I found aspects of her reasoning that were at least partly understandable, even if I wouldn’t feel the same way if I were her.</p> <p>2. (Applicable only if you couldn’t agree with her perspective or you couldn’t agree with the changes she wanted...)</p> <ul style="list-style-type: none"> • I tried to persuade her of the merits of my viewpoint without implying that hers was wrong <p>...and...</p>

		<ul style="list-style-type: none"> I assured her that although I still liked my reasoning better, I realized that I could be biased, I was willing to “count” her perspective much as mine, and I was willing to try to find some way to meet in the middle.
Scale F	<input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better	
What was your partner’s reaction to your reaction?	She seemed angry and defensive	She seemed flexible and open-minded
(1) If you could redo this situation, what might you say to yourself that could help you react more effectively?		
(2) If you could redo this situation, what might you say (or do) differently that would be more effective?		
<p>Now, please take a few moments to relax and go back through your mind and relive the situation again, moment by moment. See your partner doing the thing that triggered you. See it vividly enough so that you can actually feel irritated or upset again right now. As you do this, picture yourself thinking the productive thought you identified in section 1 above. Now see yourself actually saying to your partner the things you identified in section 2 above. Practice saying them out loud right now if there’s nobody around</p>		

Review Scale 3: My Partner's Viewpoint or Actions Were Just Plain Wrong!

(For a full overview of effective reactions, see
Review Chart 3: Your Partner's Thinking or Actions Were Wrong)

<p>What did your partner do (or fail to do) that that was wrong?</p>	<p style="text-align: center;"><i>(Note: This review scale is appropriate if your partner's conduct involved lying, engaging in deliberate deception, being sexually unfaithful or physically aggressive, breaking a clear agreement with no good reason, badmouthing or undermining you, violating your privacy or personal space or engaging in unilateral decision-making about something she knows you have strong feelings about. If your partner's actions did not involve one or more of these actions, Review Scale 1 is probably more appropriate)</i></p>																					
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	<p>c) I trusted my initial gut reaction that her viewpoint or actions were wrong (or misguided, out-of-line, or sub-standard).</p> <p>d) I started thinking about how I was going to try to get her to realize how misguided or out-of-line her thinking or actions were.</p>	<p>d) I reminded myself that just because I didn't like them didn't mean that her viewpoint or actions were wrong (or misguided, out-of-line, or sub-standard). I remembered that if I implied that her thinking or actions were wrong or sub-standard when they arguably weren't, I'd be reacting exactly like people who rarely get the kind of respect and cooperation from their partners they'd like to have.</p> <p>e) I let her know that I didn't like the way she was thinking or acting, at least so far... but I also suggested that maybe I just didn't understand it, or maybe she had different priorities at the moment or expectations about how it's best to conduct oneself in situations like this.</p> <p>f) I assured her that I was going to try to understand and respect her viewpoint.</p>																				
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	<p>After listening with an open mind, I still felt that her viewpoint or actions were just plain wrong</p>	<p>After listening with an open mind, I realized that her viewpoint or actions weren't necessarily wrong, but I still thought my perspective had more merit than hers. <i>(If this was the case, the rest of this chart doesn't apply. Use Review Scale 1: I Felt Dissatisfied with or Disapproving of My Partner's Thinking or Actions First)</i></p>																				
<p>Scale C If you checked a box on the left side of Scale B, rate your subsequent reactions</p>	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> <td style="width: 15%;"><input type="checkbox"/></td> </tr> <tr> <td>This side fits much better</td> <td>This side fits somewhat better</td> <td>Parts of both sides fit equally well</td> <td></td> <td>Parts of both sides fit equally well</td> <td>This side fits somewhat better</td> <td>This side fits somewhat better</td> <td></td> <td>This side fits somewhat better</td> <td>This side fits much better</td> </tr> </table>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This side fits much better	This side fits somewhat better	Parts of both sides fit equally well		Parts of both sides fit equally well	This side fits somewhat better	This side fits somewhat better		This side fits somewhat better	This side fits much better
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	<p>I felt disgusted, outraged or indignant, and believed my feelings were warranted considering what she did.</p>	<p>I reminded myself that the odds were greater that she would be able to understand that what she did was wrong if I could avoid implying that she was</p>																				

	<p>I began thinking things like, “She is so selfish!” “She is just cold-hearted!” “She is cruel!” “She’s a liar!” “I can’t believe I’m in a relationship with such a control freak!”</p>	<p>an awful person for doing it. ...that if inside I was feeling disgusted, outraged or indignant about what she did, or in my mind I was making a big deal about how awful she was for doing it, chances were very slim that she could care about my feelings and regret what she did.</p>
<p>Scale D</p> <p>If you checked a box on the left side of Scale B, please continue rating your reactions</p>	<p> <input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better </p>	<p>I communicated my disgust, outrage and/or indignation, and I let her know what kind of a person I thought she was.</p> <p>I stood up for myself without getting on the high horse and said something like the following to her:</p> <p>“What you did was wrong, and I can’t imagine feeling OK with our relationship if you can’t see it.”</p> <p>-and-</p> <p>“I know that I might not have much room to talk.... I know I can be difficult to live with and I’m probably not in a position to act all high and mighty. I’ve done plenty of things that are wrong, too, and probably will again in the future. But right now, I need for you to recognize that what you did was wrong (hurtful, destructive, etc) and I need assurance that it’s not going to happen again.”</p>
<p>Scale E</p> <p>If you checked a box on the left side of Scale B, please continue rating your reactions</p>	<p> <input type="checkbox"/> This side fits much better <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> Parts of both sides fit equally well <input type="checkbox"/> This side fits somewhat better <input type="checkbox"/> This side fits much better </p>	<p>When she began offering an explanation for why she acted as she did, I refuted everything she was saying, and told her that her explanations were crap, and that there was no excuse for what she did.</p> <p>When she began offering an explanation for why she acted as she did, rather than disputing details, I acknowledged things that made her actions little bit more understandable,</p> <p>-and-</p> <p>I also let her know that although her behavior was more understandable, I still felt it was wrong and couldn’t image continuing the relationship as normal if it continued to happen.</p>
<p>-1-</p> <p>If you could redo this situation, what might you say to yourself that could help you react more effectively?</p>		

-2-
If you could redo this situation, what might you say (or do) differently that would be more effective?

Now, please take a few moments to relax and go back through your mind and relive the situation again, moment by moment. See your partner doing the thing that triggered you. See it vividly enough so that you can actually feel irritated or upset again right now. As you do this, picture yourself thinking the productive thought you identified in section 1 above. Now see yourself actually saying to your partner the things you identified in section 2 above. Practice saying them out loud right now if there's nobody around.