

Review Scale 1:

I felt dissatisfied with or disapproving of my partner's thinking or actions first.

(For an overview of effective reactions, see *Review Chart 1*:

You Felt Dissatisfied with or Disapproving of Your Partner's Thinking or Actions First)

<p>What did your partner say or do (or fail to say or do) that bothered you?</p>	<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 he 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>									
<p>Scale A</p> <p>Please rate your first reactions</p>	<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	This side fits somewhat better	This side fits much better					
	<p>a) I trusted my initial gut reaction that his thinking or actions were wrong (or misguided, out-of-line, or sub-standard).</p> <p>b) I started thinking about how I was going to try to get him to realize how misguided, sub-standard or out-of-line his thinking or actions were.</p>			<p>a) I reminded myself that just because I didn't like them didn't mean that his thinking or actions were wrong (or misguided, out-of-line, or sub-standard). I remembered that if I implied that his thinking or actions were sub-standard or wrong 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>b) I proposed to myself that this may be one of those situations where 1) partners have legitimately different opinions, priorities or expectations 2) they need to be open to the possibility that they could each be biased in favor of their own preferences, 3) they need to be willing to "give and take" when agreements need to be made.</p> <p>c) I let him know that I didn't like (or agree with) the way he was thinking or acting, but I also conveyed to him that I realized that I might not understand his reasons, or he and I may see just things differently.</p>						
<p>Scale B</p> <p>Please rate your next reactions</p>	<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	This side fits somewhat better	This side fits much better					
	<p>I told him that he was wrong in so many words, and I said or implied that he needed to change.</p>			<p>I asked him to either adjust his behavior somewhat or explain why he was thinking or acting this way. I let him know that I would listen with an open mind. When he explained,</p> <ul style="list-style-type: none"> • I heard him out and refrained from disputing or debating what he was saying before he was able to explain fully. • I asked questions until I found at least partly understandable reasons for his viewpoint or actions, and I acknowledged 						

		<p>them.</p> <ul style="list-style-type: none"> I explained my point of view without implying that it was better than his. 	
<p>Scale C</p> <p>If you checked boxes on the right side of both Scales A & B, rate his 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>He seemed defensive, dismissive and/or critical.</p>	<p>He was willing to consider my point of view, be flexible, and/or explain his 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"> “He doesn’t know what he’s talking about!” “He can’t see the whole picture ...his perspective is skewed by his own agenda” “His reasoning or expectations are unrealistic (or excessive, short-sighted or out-of-whack.)” <p>I disputed his reasoning, pointed out the errors in his logic, said or implied that he wasn’t making sense, and insisted that he 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 he was being.</p>	<ul style="list-style-type: none"> I thought twice before trusting my first impression that he was defensive, dismissive and/or critical. I considered that I might be misreading him. I avoided hitting the panic button, and reminded myself that his defensive, dismissive or critical attitude was probably just temporary. I assumed that he was defensive or dismissive because he felt that I was saying or implying that his 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 him of being selfish, clueless or controlling. I made a big deal of how awful he was being.</p>

		dismissive and/or critical) <ul style="list-style-type: none"> • I expressed irritation at his attitude and let him know that I didn't expect him to agree with me, but I did expect him to respect my viewpoint and be willing to give and take.
<p align="center">-1-</p> <p>If you could redo this situation, what might you say to yourself that could help you react more effectively?</p>		
<p align="center">-2-</p> <p>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; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> Parts of both sides fit equally well </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> </div> <div style="display: flex; border-top: 1px solid black;"> <div style="flex: 1; border-right: 1px solid black; padding: 5px;"> Your partner seemed to have his mind made up, and wasn't open to anything I said. </div> <div style="flex: 1; padding: 5px;"> Your partner was dissatisfied or disapproving, but also seemed at least somewhat open to my perspective, too. </div> </div>
Scale B If you checked a box on the left side of <u>Scale A</u>, rate your subsequent reaction using Scale B. (Skip this scale if you checked a box on the right side of <u>Scale A</u>).	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> Parts of both sides fit equally well </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> </div> <div style="display: flex; border-top: 1px solid black;"> <div style="flex: 1; border-right: 1px solid black; padding: 5px;"> In my head, I was thinking mainly about how unreasonable his attitude and/or expectations were and how I could get him to realize this. </div> <div style="flex: 1; padding: 5px;"> <ul style="list-style-type: none"> I thought twice before trusting my first impression that he was inflexible. I considered the possibility that I could be misreading him. I avoided hitting the panic button and reminded myself that his 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 he was having a hard time being open-minded. I reminded myself that he might be more flexible and/or open-minded if I assured him that I would be open to what he was saying. </div> </div>
Scale C If you checked a box on the left side of <u>Scale A</u>, continue rating your subsequent reaction using Scale C. (Skip this scale if you checked a box on the right side of <u>Scale A</u>).	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> Parts of both sides fit equally well </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits somewhat better </div> <div style="text-align: center;"> <input type="checkbox"/> This side fits much better </div> </div> <div style="display: flex; border-top: 1px solid black;"> <div style="flex: 1; border-right: 1px solid black; padding: 5px;"> I disputed what he was saying and pointed out the errors in his logic. I made a big deal of how unreasonable his attitude was. I said or implied that there wasn't anything wrong with the way I was thinking or acting and that he should just drop it. -or- I tried to say as little as possible, I agreed with him, or I gave an insincere apology just to keep the peace </div> <div style="flex: 1; padding: 5px;"> I both asked him to adjust his attitude and keep an open mind, <div style="text-align: center;">--and--</div> I assured him 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 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] </div> </div>

<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>	<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>In my head, I was thinking things like,</p> <ul style="list-style-type: none"> • “He doesn’t know what he’s talking about!” • “He can’t see the whole picture ...his perspective is skewed by his own agenda” • “His reasoning or expectations are unrealistic (or excessive, short-sighted or out-of-whack.)” <p>I let him know that it was good that he was talking to me about this, he usually has good points, and I was assuming that he was saying something that I should seriously consider.</p> <p>1. I saw right away that he had a good point and I acknowledged it. <i>...Or...</i></p> <p>2. His 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 he seemed “off” didn’t mean that he <i>really was</i> off. I considered that he 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 his 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 his 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 his). • I heard him out and refrained from disputing or debating what he was saying before he 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>	<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 disputed his reasoning and pointed out the errors in his logic. I said or implied that he wasn’t making sense, he was being unreasonable or unrealistic, he wasn’t taking the whole picture into account, or that he was over-reacting.</p> <p>1. I listened with an open mind and asked him for clarification until I found aspects of his reasoning that were at least partly understandable, even if I wouldn’t feel the same way if I were him.</p> <p>2. (Applicable only if you couldn’t agree with his perspective or you couldn’t agree with the changes he wanted...)</p> <ul style="list-style-type: none"> • I tried to persuade him of the merits of my viewpoint without implying that his was wrong <i>...and...</i> • I assured him that although I still liked my reasoning better, I realized that I could be biased, I was willing to “count” his perspective much as mine, and I was willing to try to find some way to meet in the middle.

Scale F	
What was your partner's reaction to your reaction?	
(1) If you could redo this situation, what might you say to yourself that could help you react more effectively?	<div style="display: flex; justify-content: space-between; border-bottom: 1px solid black; padding-bottom: 5px;"> <div style="width: 45%; text-align: center;">He seemed angry and defensive</div> <div style="width: 45%; text-align: center;">He seemed flexible and open-minded</div> </div>
(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><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 he 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>				
<p>Scale A Please rate your reactions</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>c) I trusted my initial gut reaction that his 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 him to realize how misguided or out-of-line his thinking or actions were.</p>	<p>d) I reminded myself that just because I didn't like them didn't mean that his viewpoint or actions were wrong (or misguided, out-of-line, or sub-standard). I remembered that if I implied that his 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 him know that I didn't like the way he was thinking or acting, at least so far... but I also suggested that maybe I just didn't understand it, or maybe he 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 him that I was going to try to understand and respect his viewpoint.</p>				
<p>Scale B Please continue rating your reactions.</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>After listening with an open mind, I still felt that his viewpoint or actions were just plain wrong</p>	<p>After listening with an open mind, I realized that his viewpoint or actions weren't necessarily wrong, but I still thought my perspective had more merit than his. <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 your 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>	<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 felt disgusted, outraged or indignant, and believed my feelings were warranted considering what he did.</p>	<p>I reminded myself that the odds were greater that he would be able to understand that what he did was wrong if I could avoid implying that he was</p>				

	<p>I began thinking things like, “He is so selfish!” “He is just cold-hearted!” “He is cruel!” “He’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 he did, or in my mind I was making a big deal about how awful he was for doing it, chances were very slim that he could care about my feelings and regret what he 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 him know what kind of a person I thought he was.</p>	<p>I stood up for myself without getting on the high horse and said something like the following to him:</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 he began offering an explanation for why he acted as he did, I refuted everything he was saying, and told him that his explanations were crap, and that there was no excuse for what he did.</p>	<p>When he began offering an explanation for why he acted as he did, rather than disputing details, I acknowledged things that made his actions little bit more understandable,</p> <p>-and-</p> <p>I also let him know that although his behavior was more understandable, I still felt it was wrong and couldn’t imagine 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.