

ts with you if . . .

our family more if . . .

ld strengthen my commitment

1 be more trustworthy to your

st me more if I . . .

crease the trust between us if

e the trust if I . . .

st level of our friendship if

nship safer if I . . .

life more fun if I . . .

live with me if I . . .

e with family if I . . .

nship emotionally safer for you

ound home more enjoyable

n Chapter 5, is designed to help
 1 and your partner expect from
 ild trust, you must be consistent
 ook at the following checklist to
 n meeting the specific needs of

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CAN I BE TRUSTED?

Looking at the areas of chemistry, compatibility, and commitment, rate your trustworthiness in meeting your partner's needs and expectations. Answer yes (Y) or no (N), doing your best to include your partner's point of view.

Chemistry:

- 1. I am sexually faithful.
- 2. My partner would approve of how I act without him/ her.
- 3. I encourage my partner to take sexual risks with me.
- 4. My partner can count on me to keep our relationship romantic.
- 5. I am honest with my partner about my sexual needs.
- 6. I am kind and sensitive when addressing the sexual issues in our relationship.
- 7. I make an effort to keep myself attractive.
- 8. I keep the details of our sex life totally confidential.
- 9. I am realistic about my sexual expectations.
- 10. I am a patient lover.

Total yes (Y) answers: _____

Compatibility:

- 1. I do a good job of keeping my partner up to date with information.
- 2. My partner would say that I am an understanding friend.
- 3. I tell my partner things no one else knows.
- 4. I do my best to make sure my partner and I have fun together.

THE TRUTH ABOUT LOVE

- ___ 5. I include my partner in the important events in my life.
- ___ 6. I make it a point to be a good sport about activities that my partner enjoys that I don't.
- ___ 7. I am very reliable about doing my part at home.
- ___ 8. I do my part to help resolve conflict.
- ___ 9. Our home is a better place to live because of my efforts.
- ___ 10. My partner would say that I rarely criticize.

Total yes (Y) answers: _____

Commitment:

- ___ 1. I am 100 percent committed to my relationship.
- ___ 2. I'm the one who usually gets us back on track when our relationship hits a low spot.
- ___ 3. My partner feels confident about my commitment to us.
- ___ 4. I show appreciation for my partner's commitment to us.
- ___ 5. I take a positive, active part in family activities.
- ___ 6. Our relationship is an inspiration to others.
- ___ 7. I am very aware when our relationship needs attention.
- ___ 8. I make our relationship a priority.
- ___ 9. My partner would say that I make our relationship a priority.
- ___ 10. I am happy with the roles we play in our relationship.

Total yes (Y) answers: _____

Total score _____ out of a possible 60

TRUST IS

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