

# Self Evaluation

Keep score to see how much these issues fit for you. First go through the list and mark the statements that do not fit for you at all. Then go back and fill in the boxes next to each statement, one for yourself and the other or your partner. Use a scale of 1-10, 1 is not applicable, 10 is right on, 5 means sometimes and sometimes no. Circle any number that does not fit at all.

Self	Partner

## A. GENERAL POSITIVE CHARACTERISTICS (or the negative opposite).

1. Bright
2. Successful
3. Creative
4. Independent
5. High-achiever
6. Attractive

Self	Partner

## B. DOES NOT LIKE TO BE TOLD WHAT TO DO (AUTOMATIC NO).

1. Is a closed system--can't let you in emotionally and very resistant to information, opinions, and instructions. Have to do it their own way.
2. Can't tell themselves what to do either - finish paper work, theses or assignments.
3. Makes their own rules. "I want to do what I want to do when I want to do it."
4. Has difficulty being on time, making or following through on commitments or receiving and giving gifts.
5. Is very sensitive to being told who they are or what they are feeling. May interpret any comment as being critical or an order.
6. Will reword and change their own statements when therapists (or others) paraphrase or use the words and quote them directly.(e.g. "I love X"; "You say you love X?"; "Well, I wouldn't say 'love' but she's interesting").
7. Has a difficult time working for someone else and tends to be their own boss.
8. Sometimes feels compelled to enter the exit door, or drive in the opposite direction of the arrow! in a parking lot, and may see stop signs as suggestions, not commands. May collect traffic tickets; fight authority in secret little ways.
9. May have had difficulty learning reading, spelling, or math in school as a child.
10. Tends to take an adversary position.

Self	Partner

## C. GETS AN IDEA OF HOW THINGS SHOULD BE AND CLINGS TO IT.

1. Will do whatever it takes to prove their idea (or to bring it about). They have to be right.
2. Tries to calculate their life, thinking more than responding to their body-voice, feelings, and sensation.
3. Has difficulty living in the moment. Continually responding to the past and planning the future.
4. Has difficulty learning from their experience.
5. Lives live on a "when- - - then", ("when I complete this then I'll- \_").

Self	Partner

**D. TREATS SELF AS AN OBJECT - TREATS OTHERS THE SAME WAY**

1. Often push themselves beyond their own limits and boundaries.
2. Is unconscious of their effect on others; tends to miscalculate the human element in any situation and wonders why people get upset.
3. Sees their problems as emanating from others.

Self	Partner

**E. TENDS TO FEEL LIKE A PHONY ("IF PEOPLE REALLY KNEW ME").**

1. Presents one aspect to the world (outside) and feels differently about themselves on the inside.
2. Tends to lie to themselves and to others about who they are.
3. Because they lie - they feel alienated from their partners.
4. May "lie up" about themselves (present a better picture than they really are).
5. May "lie down" about themselves (put themselves down; be unable to enjoy their successes or get pleasure, satisfaction from their lives).
6. Want people to think well of them and that's what- perpetuates the problem.
7. Tends to engender mistrust even though they may be perfectly innocent.

Self	Partner

**F. THE NATURE OF THEIR INTIMATE RELATIONSHIPS IS - NOT TOO CLOSE AND NOT TOO FAR WAY.**

1. Finds that closeness triggers their fear of inundation and distance triggers their fear of abandonment, may even feel both at the same time.
2. May say or do something hurtful to deal with their anxiety, which creates distance.
3. May stay split off or fragment due to the flip-flop of simultaneous mixed emotions.

Self	Partner

**G. FEELS DISTANT FROM SELF, BODY, FEELINGS, OR ALIVENESS.**

1. Seeks excitement and support for who they are from outside sources.
2. Has little awareness of their own body-voice therefore doesn't identify illness early.
3. Tends to become intellectual or split off when has emotions or sensations in their body.
4. Has sensation of shield or armor like Plexiglas ("I feel as though I wear an emotional condom"),
5. Makes quick responses from intellect, not their emotions or body feelings.
6. Tends to avoid emotions and feelings of excitement or well-being.
7. Has limited ability to contain feelings - either discharges or splits off - especially in sex.

8. May use drugs to feel okay or to heighten the split off sensation.
9. Because of splitting-off, has blank spots in memory.

INTERACTIVE BODY PSYCHOTHERAPY – THE INTIMATE COUPLE  
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