

Couple's Marriage Mind-Set

You view your marriage partner through a series of descriptive filters. Below is a list of these filters. Look through it and check the six or so most descriptive filters of how you view your partner.

- | | | |
|--|--|---|
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Careless | <input type="checkbox"/> Demanding |
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Caring | <input type="checkbox"/> Dependable |
| <input type="checkbox"/> Aggressive | <input type="checkbox"/> Cheerful | <input type="checkbox"/> Dependent |
| <input type="checkbox"/> Annoying | <input type="checkbox"/> Clever | <input type="checkbox"/> Determined |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Cold | <input type="checkbox"/> Disciplined |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Confident | <input type="checkbox"/> Efficient |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Conforming | <input type="checkbox"/> Elusive |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Controlling | <input type="checkbox"/> Energetic |
| <input type="checkbox"/> Carefree | <input type="checkbox"/> Critical | <input type="checkbox"/> Friendly |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Naïve | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Giving | <input type="checkbox"/> Narcissistic | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Greedy | <input type="checkbox"/> Negative | <input type="checkbox"/> Respectful |
| <input type="checkbox"/> Gruff | <input type="checkbox"/> Noisy | <input type="checkbox"/> Rigid |
| <input type="checkbox"/> Gullible | <input type="checkbox"/> Objective | <input type="checkbox"/> Self-conscious |
| <input type="checkbox"/> Helpful | <input type="checkbox"/> Passive | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Idealistic | <input type="checkbox"/> Patient | <input type="checkbox"/> Stubborn |
| <input type="checkbox"/> Inconsiderate | <input type="checkbox"/> Perfectionistic | <input type="checkbox"/> Tactful |
| <input type="checkbox"/> Innovative | <input type="checkbox"/> Petty | <input type="checkbox"/> Tender |
| <input type="checkbox"/> Insensitive | <input type="checkbox"/> Playful | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Principled | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Irresponsible | <input type="checkbox"/> Protective | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Rational | <input type="checkbox"/> Unpredictable |
| <input type="checkbox"/> Jealous | <input type="checkbox"/> Reactionary | <input type="checkbox"/> Visionary |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Reasonable | <input type="checkbox"/> Witty |
| <input type="checkbox"/> Lazy | <input type="checkbox"/> Reassuring | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Manipulative | <input type="checkbox"/> Regretful | |

Once you have checked the top half-dozen ways you tend to view your spouse, determine whether they are mostly positive or negative (the list is composed of forty filters in each category). In the space below, note the negative filters through which you tend to view your spouse and when you are most likely to use them.

Filter: _____. I see this quality when my spouse...

Filter: _____. I see this quality when my spouse...

Filter: _____. I see this quality when my spouse...

Filter: _____. I see this quality when my spouse...