

DR. JAN HOISTAD



ASSESSING YOUR RELATIONSHIP STYLE



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Before you complete this assessment, it is recommended you first read about all 4 relationship styles in Dr. Jan's article ***Keys to Confidence, Security and Emotional Connection for Couples*** you'll find in the blog. Once you've read about the 4 different approaches, ask yourself what relationship style, or combination of styles, do you see you and your partner using in your current relationship?

Since no two people are alike and your experiences may be different from one another, Do this on your own without consulting one another.

If you are not in a partnership right now, or are considering one, what styles might you default to, especially when faced with interpersonal challenges or conflict? What style do you default to in other or past relationships.



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ASSESSMENT: WHAT IS OUR CURRENT STYLE OF RELATING?

Once you have read and reflected on the 4 relationship styles, in the blank lines below, write down the percentage of the time you feel that you and your partner spend in each style at the current time.
(The four percentages must add up to 100 %)

Traditional or Dominant-Non-Dominant style _____ %
Merged or Undefined Roles style _____ %
Roommate or Unilateral Decision-Maker style _____ %
Big Picture Partnering style _____ %



Total = 100%

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HOW WOULD YOU LIKE IT TO BE?

Individually, reflect on this assessment of your relationship. How do you experience each of these styles in your most important relationship? How do you think your partner experiences these styles of relating?

Then reflect on how you would like your relationship to be.

Bring your individual assessments together. Where would you like to experience more connection? How might clarifying your relating style impact specific aspects of your overall success, not only in your personal life but possibly in all other aspects of career, business, friendships and so forth?



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