Relationship Inventory

1. List all the dating or other romantic relationships you have had regardless of how they turned out. List them in order from earliest to latest and give the time period they lasted and your age, including where they overlapped.

   Do include relationships with chat or phone partners and sexual acting out partners (e.g. sex buddies) if they went on for some time (i.e. more than a few of weeks).

Relationship	**Time Period in Your Life**

Now describe some *typical characteristics* of your relationship history such as short vs. long relationships, more than one relationship at a time, becoming obsessed with someone without actually getting into a relationship, etc. Include your opinion of how this pattern may have changed over time, e.g. did you become more isolated? Did you have more self-destructive relationships? Etc.

2. For each relationship on your list briefly describe how it started:

- Who initiated the relationship?
- What things got you interested? What was the hook?
- Were you similar in age?
- Were you similar in level of life accomplishments or success?
- Were you similar in financial resources?

Who Initiated?	The "Hook"?	Relative Age?	Relative Success?	Financial ?

Now look over these answers and describe the most common pattern by which you became interested in someone and connected with them. Include the most frequently occurring *characteristics of your partner choices.*

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3. Describe the process of getting to know each of the people on your list.

- ❖ What did you do together while getting acquainted?
- ❖ What interests and activities did you have in common?

Process of Getting Acquainted	Interests and Activities Shared

Now look over these answers and describe your most *typical pattern* of pursuing some kind of relationship.

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4. For each person on your list describe your **sex life** together.

- ❖ Who initiated sex or tried to?
- ❖ What was your level of sexual interest in the person?
- ❖ Did you talk about having sex before you began having sex?
- ❖ Did you have any basic understandings between you about sex?

How Sex Started	Your Level of Interest	Talked Beforehand?	Shared Ideas Re: Sex?

Now look at these answers and describe your sexual style in relationships. For example, were you usually having sex with your partner but thinking of something else? Was there an atmosphere of sexual mistrust and suspicion? Did you use your partner sexually in some way? Did you attempt to bring your addictive acting out behavior into the sexual relationship with your partner (e.g. acting out roles, watching porn together, wanting to bring third parties into the act, using sex toys to further your fantasies, etc.)?

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5. For each relationship on your list give a brief description of the way you interacted with each other.

   - How did you share your feelings?
   - How did you solve problems?
   - What underlying roles did you play in relation to each other (e.g. father, wayward child, ships in the night, etc?)

Expression of Feelings	Problem-Solving Process	Roles You Played

Now describe the day-to-day feeling between you and whomever you were involved with. Did you typically avoid any self-revelation? Did you placate or give in to your partner only to feel resentment? Did you avoid each other? Was there emotional or physical violence?

6. For each relationship describe how the relationship ended

- Who ended it and how?
- Was it on-again-off-again?
- Was it left unresolved?

Who Ended the Relationship?	On-and-Off but Never Ended?	Parted Without Clarity?

Now describe what you see as your typical way of ending a relationship.

7. Based on descriptions you wrote for the six questions above, write a brief description of your typical relationship scenario.

Examples of Relationship Scenarios:

(a) "I was initially very attracted to someone who usually turned out to be someone who became too dependent. I felt that the relationship would help me feel less lonely. In the course of the relationship I played the role of the good lover and partner, but I cared less and less for this person. I occasionally felt my mind wander to previous relationships or finding others attractive. There were a lot of crises and a lot of arguments and I always ended up placating my partner. I would feel resentful and look for a way to get out of the relationship, often cheating and openly flirting with other people. If I felt a partner was unhappy and threatening to leave, I would break up with them first in order to avoid having to confront any issues. I was never able to be honest about what was really going on with me."

(b) "I chose a partner because I thought they "looked good on paper." They were attractive and accomplished and they seemed to love me, but I was not actually attracted to them. I knew all along that I would probably continue to have a separate sexual life or use porn as an outlet. We would have a relationship that seemed outwardly OK and we would get along well for the most part. There were always many things in my past that I never told my partner and that I was very ashamed of. I was depressed but I didn't talk about it. I wanted to change something but I didn't know how."

(c) "I was always romantically obsessed with some person even in high school but it never worked out. There have been times I felt rejected or felt humiliated in some way. I have at times continued to develop fantasies about people at work or on the street and would sometimes try to strike up an acquaintance with an extremely attractive person. Once or twice I had brief dating situations but it was all about sex and they were not ever real prospects for bonding or forming a partnership. I never really thought about how to go about meeting appropriate people and never considered what I had to offer someone as a friend or lover—only what I wanted. I resented the fact that I could not have a partner who measured up to my fantasies, and felt sorry for myself. I was in a self-perpetuating rut and didn't have any idea how to proceed."

My Relationship Scenario