

Haven of Safety Relationship Scale

Using the scale below, please *circle* the corresponding number that best fits the statement.

<i>Never</i>	<i>Rarely</i>	<i>Occasionally</i>	<i>More often Than not</i>	<i>Most of the time</i>	<i>All the time</i>
0	1	2	3	4	5

- 0 1 2 3 4 5 ____ (1.) My partner is honest and truthful with me.
- 0 1 2 3 4 5 ____ (2..) My partner does not give me his/her full attention when I need to share what's important to me.
- 0 1 2 3 4 5 ____ (3.) My partner follows through when he/she makes promises.
- 0 1 2 3 4 5 ____ (4) Even though we might have different views, my partner tries to take into consideration my perspective.
- 0 1 2 3 4 5 ____ (5). I have to walk on eggshells around my partner.
- 0 1 2 3 4 5 ____ (6..) My partner can tell when something is bothering me.
- 0 1 2 3 4 5 ____ (7.) I can trust my partner.
- 0 1 2 3 4 5 ____ (8) My partner tries to understand my views and opinions, even when he/she may not agree with me.
- 0 1 2 3 4 5 ____ (9.) My partner is a person on whom I can depend.
- 0 1 2 3 4 5 ____ (10..) I can count on my partner to be emotionally accessible when I need him/her.
- 0 1 2 3 4 5 ____ (11.) My partner has his/her own interests in mind.
- 0 1 2 3 4 5 ____ (12..) Even when our relationship gets difficult, I know my partner will be there for me.
- 0 1 2 3 4 5 ____ (13..) I am able to talk openly with my partner about what's important to me.
- 0 1 2 3 4 5 ____ (14) When we are in conflict, my partner is still able to respond in a considerate way.
- 0 1 2 3 4 5 ____ (15..) My partner is approachable.
- 0 1 2 3 4 5 ____ (16). I am hesitant to share with my partner because I am afraid of the way he/she will react.

- 0 1 2 3 4 5 ____ (17) My partner is trustworthy.
- 0 1 2 3 4 5 ____ (18) When making important decisions, I know my partner will think through my point of view.
- 0 1 2 3 4 5 ____ (19) My partner is thoughtful and caring towards me.
- 0 1 2 3 4 5 ____ (20). It is difficult for my partner to just listen to my perspective without giving advice or lecturing me.
- 0 1 2 3 4 5 ____ (21) My partner is understanding of my moods and feelings.
- 0 1 2 3 4 5 ____ (22) I can rely on my partner to react in a considerate and understanding manner.
- 0 1 2 3 4 5 ____ (23.). In important areas of our relationship, my partner has violated my trust.
- 0 1 2 3 4 5 ____ (24..) We give and receive support from each other with ease.
- 0 1 2 3 4 5 ____ (25.) I can accept the decisions my partner makes in important areas of our relationship.
- 0 1 2 3 4 5 ____ (26..) My partner listens to me with warmth and ease.
- 0 1 2 3 4 5 ____ (27..) My partner is willing to put aside what he/she is doing to spend time with me.
- 0 1 2 3 4 5 ____ (28.) I can consistently rely on my partner.
- 0 1 2 3 4 5 ____ (29.). My partner can be self-centered and selfish.
- 0 1 2 3 4 5 ____ (30..) We generally turn to each other for support.
- 0 1 2 3 4 5 ____ (31.) My partner has the best interest of our relationship at heart.
- 0 1 2 3 4 5 ____ (32..). My partner seems to give more time and attention to things other than our marriage.
- 0 1 2 3 4 5 ____ (33.) I am certain that my partner would not intentionally hurt me.
- 0 1 2 3 4 5 ____ (34..). I am hesitant to express or share myself with my partner.
- 0 1 2 3 4 5 ____ (35). It is difficult for my partner to just listen to my perspective without evaluating and judging me.
- 0 1 2 3 4 5 ____ (36) We are able to constructively resolve our relationship hurts.

Answer the Following Questions:

In regards to your answers above (in the Haven of Safety Assessment), have you always felt this way about your spouse?

How have your feelings toward your spouse changed over the years of your marriage?

What happened to change the way you feel about your spouse? (Describe both positive and negative experiences that have impacted how you perceive your spouse.)

What is the cause of most of your arguments with your spouse? What do you and your spouse argue about?

Describe the most recent and typical argument/fight between you and your spouse:

How do you and your spouse resolve your arguments?

How do you and your spouse connect, turn toward each other for comfort, support?

What has been the most hurtful thing in your marital relationship?