**Self-Inventory: Identifying Your Barriers**

**To Creating An Authentic Relationship**

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**Directions:** This self-inventory can help you identify intrapersonal and interpersonal barriers to the creation of an authentic relationship. Please read each statement below and indicate the degree to which the statement is true of you in your primary relationship. Place a number from 1 to 10 (1 = not present at all; 10 = present all the time) indicating your choice in the blank before each statement.

\_\_1. I have very little time, money, or energy left to improve my relationship.

\_\_2. Work and career concerns tend to come before plans to improve my relationship.

\_\_3. I do not have enough time or energy left at the end of the day to enjoy sex.

\_\_4. I get more excited about my work than about my relationship.

\_\_5. I have trouble getting out of work on time.

\_\_6. I have to work more than 40 hours per week to get my job done.

\_\_7. I bring work home at night or on weekends.

\_\_8. I think about work while I am driving, before falling asleep at night, and/or when others are talking about some other topic.

\_\_9. I believe that making more money will solve the other problems I have.

\_\_10. I feel a kind of free-floating anxiety when I have nothing to do.

\_\_11. I get anxious when my partner wants to be intimate with me.

\_\_12. I don't like to ask other people for help, even if I need it.

\_\_13. I find my partner's needs overwhelming.

\_\_14. I feel smothered by my partner when we are close and intimate.

\_\_15. I think that other people are having more satisfying relationships than I have.

\_\_16. I prefer to work alone on a project rather than with others.

\_\_17. I am afraid if people find out who I really am, they will reject me.

\_\_18. I find it difficult to have a close relationship and still maintain my personal freedom.

\_\_19. I feel I give more than I get from my relationship.

\_\_20. I feel like I have to do and say the right things to make my partner happy.

\_\_21. I find it is easier to try to avoid a conflict than to talk about it.

\_\_22. I fear that in the end, I will be abandoned by my partner.

\_\_23. I have difficulty taking care of my own needs while also meeting the needs of my partner.

\_\_24. I let my partner take the lead in making changes in our relationship.

\_\_25. I feel like I'm to blame if there are problems in our relationship.

\_\_26. I use sex to try to smooth over arguments with my partner.

\_\_27. Making changes in my relationship takes too much time and energy.

\_\_28. I don't seem to know what I want to change about myself.

\_\_29. I have trouble doing something new because I am afraid I will fail.

\_\_30. I am afraid to really be myself when I am making love.

\_\_\_\_ **Total Score** (Add the numbers in the left column.)

**Scoring and Interpretation:**

 30 - 90 - A few barriers to overcome in creating an authentic relationship.

 91-180 - Many barriers still exist to overcome that may require lots of work and cooperation. Therapeutic intervention may be useful.

 181-300 - An authentic relationship may not be possible without therapeutic intervention.