

ACCEPTING INFLUENCE QUESTIONNAIRE

1. I am really interested in my spouse's opinions on our basic issues. T F
2. I usually learn a lot from my spouse even when we disagree. T F
3. I want my partner to feel that what he or she says really counts with me. T F
4. I generally want my spouse to feel influential in this marriage. T F
5. I can listen to my partner, but only up to a point. T F
6. My partner has a lot of basic common sense. T F
7. I try to communicate respect even during our disagreements. T F
8. If I keep trying to convince my partner, I will eventually win out. T F
9. I don't reject my spouse's opinions out of hand. T F
10. My partner is not rational enough to take seriously when we discuss our issues.
T F
11. I believe in lots of give and take in our discussions. T F
12. I am very persuasive and usually can win arguments with my spouse. T F
13. I feel I have an important say when we make decisions. T F
14. My partner usually has good ideas. T F
15. My partner is basically a great help as a problem solver. T F
16. I try to listen respectfully, even when I disagree. T F
17. My ideas for solutions are usually much better than my spouse's. T F
18. I can usually find something to agree with in my partner's position. T F
19. My partner is usually too emotional. T F
20. I am the one who needs to make the major decisions in this marriage. T F

Scoring: Give yourself one point for each "true" answer, except for questions 5, 8, 10, 12, 17, 19, 20. Subtract one point for each "true" answer to questions 5, 8, 10, 12, 17, 19, 20.

A score of 6 or above indicates an area of strength.

A score of below 6 indicates this is an area that could stand some improvement. The exercise "Yield to Win" will show you how to share power with your partner and accept influence.