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## Beliefs and Behaviors of Healthy Functioning Couples

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\_\_\_\_\_ I possess relative, not absolute, unchallengeable *truth*. We can have honest difference

\_\_\_\_\_ Human behavior may result from various causes, not necessarily just the causes we think! My own conclusion regarding a situation isn't *necessarily* accurate.

\_\_\_\_\_ The causes and effects of behavior are related. We influence each other, and we *generally* each have 50% of the responsibility for a situation.

\_\_\_\_\_ People close to you have decent motives (intentions) toward you. I believe in the basic trustworthiness of my spouse/partner.

\_\_\_\_\_ Respect for individual choice - autonomy - of the other person. I know that there is room for individual opinions and differences.

\_\_\_\_\_ I compromise/negotiate, instead of taking win/lose or right/wrong positions.

\_\_\_\_\_ I usually operate in the present, rather than the past.

### Rate yourself:

+ Favorable

+/- Mixed

- Unfavorable

1. Example of when I could have applied a belief/behavior to a situation to promote better communication:

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2. My plans/goals for self-improvement:

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