



Traits of a secure connector:

As we work toward a secure attachment we will be able to rate ourselves higher (more strongly agree) in the following areas. We suggest rating yourself now, read *How We Love*, and then complete the workbook in the back of *How We Love*. Rate yourself again in 6 months to a year and see if you are growing and making progress.

Rate 1-5: #1 = No/rarely. #5 = Most often/always.

I experience relationships as a source of relief and when I am stressed.

I seek help, comfort, support or wisdom from a person rather than a thing. (Addiction).

I can ask for help when I am unsure of myself.

I can list eight feelings I experience on a regular basis.

I can identify and articulate these feelings with my spouse and kids.

I use my feelings to identify my needs and am able to communicate my needs and ask directly for what I need rather than hoping someone will guess correctly.

I know my childhood history so I am aware when the past is influencing my present feelings and causing me to overreact.

I can name five strengths I possess in my character and talents and three weaknesses.

I can make a mistake and recover quickly.

I can find middle ground in life rather than being an eternal optimist or constant pessimist.

I can delay gratification and wait for something I want.

I am aware of my mate's behavior when they are stressed and can take measures to bring them relief.

I can admit when I am wrong and apologize without saying "I am sorry **but...**"

I can accept criticism and feedback and thoughtfully consider it.

I am a good listener and know how to ask thoughtful questions.

I have experienced the connection and closeness that results when a conflict is resolved.

I can say no and draw boundaries even when it makes someone mad.

I know how to use my anger to identify more vulnerable feelings underneath the anger and communicate the more vulnerable feelings.

I can control the level of my reactivity so I am able to stay engaged in difficult conversations.

I am comfortable with reality and don't minimize problems.

I can keep listening and explore another's feelings, experiences and point of view even when I disagree with them.

I can ask to be held or hugged when I need comfort.

I am not afraid of conflict because I have skills to negotiate and compromise.
I don't hold on to resentments and am able to forgive my spouse.

I have a relationship with God as well as close friends and don't expect my spouse to meet every need.

I have compassion for my spouse in their areas of weakness because I understand their childhood wounds that contributed to those areas of struggle.

I don't have secrets I am keeping from my mate.

I can ask for a "do-over" and try again when I blow it with my mate.

If you want to take a courageous step, ask your spouse and or kids to rate you in these areas. When a family member "owns their issues" other family members soften and become less defensive. If you demonstrate change and grow, family members will soften even more. Evaluate and admit your own shortcomings, then others won't have to take that role.

- Milan & Kay Yerkovich