

A Hardside/Softside Evaluation

Finding Your Personal Balance Point

If you tend to take the lead in your relationship quickly and consistently, you would circle 1. If you tend to follow the other person's directions or wishes the majority of the time, you would circle 7. If you fall somewhere between the two extremes, you would circle whatever number best represents how you relate to your loved one.

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|-----|-------------------------------------|---|---|---|---|---|------------------------------|
| 1. | Take the lead | | | | | | Follow |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | Forceful | | | | | | Nondemanding |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | Energetic | | | | | | Reserved |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | Strive to accomplish personal goals | | | | | | Let others set your goals |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | Be self-controlled | | | | | | Lack Discipline |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | Make quick decisions | | | | | | Hesitate in making decisions |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. | Want to hear facts | | | | | | Want to share feelings |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. | Be a motivator | | | | | | Respond |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | Be highly competitive | | | | | | Be noncompetitive |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | Be possessive | | | | | | Share |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

11. Be assertive Be shy
1 2 3 4 5 6 7
12. Express anger to others Hold anger inside
1 2 3 4 5 6 7
13. Resist correction Be very teachable
1 2 3 4 5 6 7
14. Share your opinions openly Hide your true feelings
1 2 3 4 5 6 7
15. Function well under pressure Function poorly under pressure
1 2 3 4 5 6 7
16. Lecture when the person is hurting Listen and comfort
1 2 3 4 5 6 7
17. Hold grudges Forgive easily
1 2 3 4 5 6 7
18. Set rigid Set flexible standards
1 2 3 4 5 6 7
19. Be hard on him (her) as a person Be soft on him (her)
1 2 3 4 5 6 7
20. Be hard on his (her) problems Be soft on his (her) problems
1 2 3 4 5 6 7

Scoring the instrument

The total of all the numbers circled = _____

Mark your total score with an "X" on the line below.

Hardside	Intensity Index						Softside
20	40	60	80	100	120	140	