

Relational Survival Response – Pre-screening

Clinical Notes	ASSI Pre-screening
	<p>We all want to be loved and cared for someone, and we all have different survival strategies to maintain love and connection in our relationships. The 4 Relational Survival Responses help us to manage our anxiety or avoidance.</p> <p>To prepare for future sessions and potentially a full interview with ASSI, kindly select the statement that accurately describes your behaviour in intimate relationships from the options below. Please read the statements carefully and choose the one that best fits you.</p> <p>General Assessment (Anxiety and Avoidance):</p> <ul style="list-style-type: none">• I struggle with anxiety from time to time in my relationships• I want to be close extremely emotionally close to others, but they will abandon me• I would say I have a mild form of social foiba• I prefer being alone over being sociable.• As an avoidant introvert, I require significant time to regulate my emotional state.• I don't struggle with anxiety in my relationship• I am good at managing my anxiety• I find it difficult to trust others and feel a need to have control over my relationships.• I prefer independence, and I am ok on my own• I value my independence because I find it challenging to communicate effectively.• When stressed, I distance myself and avoid getting too close or intimate with others.• I sometimes have to escape my relationship to feel my true feelings• I will not initiate closeness or intimacy, and I often wait for my partner to initiate• I need to take charge because my partner isn't able to.• It often bothers me when my partner doesn't take the lead in certain situations. It often bothers me when my partner doesn't take the lead in certain situations.• It is essential to me that I am self-sufficient in the relationships• I find it difficult to trust others and prefer to keep some distance in my relationships.

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Connect

- I need my partner to be my everything
- I can't live without a partner
- I would do anything to make sure that my partner and I are close
- My partner frequently needs to comfort me.
- I can feel desperation if my partner is not around
- I don't want to do things on my own
- I often get jealous of my partner and am terrified that the partner will leave me.
- I miss my partner so much that it hurts
- My biggest fear is abandonment and loneliness
- I use intimacy and sex to feel close
- I prefer things to be intense, and I always have to have something on the go with my partner to feel loved or seen.
- If we are apart, we have to have make-up sex for me to feel connected
- I frequently worry that my partner may abandon me.
- Sometimes, I hold onto my partner tightly, even when I may not necessarily want to.
- My partner must constantly provide me with comfort.; I can't settle without them

Appease

- My top priority is to ensure the well-being of everyone.
- I have a strong preference for avoiding conflicts and will always take appropriate measures to ensure that they do not arise.
- At times, there are emotions of disappointment and inadequacy that arise within me concerning my personal relationships.
- I prioritize the needs of others over my own to keep the peace
- I often find myself struggling with setting boundaries when I witness others in pain
- My instinct is to do whatever I can to take their pain away and make them feel better.
- I strive to alleviate suffering in others' lives, going above and beyond to make them happy and eliminate the feeling of being a failure.

- I am struggling with finding a balance between being empathetic and supportive, and I often end up sacrificing my well-being.
- At times, I sense that my value is not fully acknowledged and appreciated, leading me to feel subordinate and unappreciated.
- I am a peacemaker in the relationship
- I often feel like a second-class citizen
- I don't like rocking the boat
- I would do anything to keep it calm and collected
- I am willing to admit fault, even if I believe my partner is in the wrong.
- I apologize for the mistake and lack of responsibility displayed by my partner.
- I am prepared to engage in sex as a means of avoiding conflicts.

Compensate

- I strive to alleviate suffering in others' lives, going above and beyond to make a positive impact by giving others what I don't have.
- I have been feeling like I am the one who consistently puts in more effort to maintain our relationship.
- I believe it's my responsibility to ensure people have access to their needs.
- I will ensure that people have what they need to meet my needs.
- I prioritize the needs of others over my own.
- I am willing to provide others with what I lack.
- You can trust me to guarantee that all individuals will receive everything required to meet my expectations.
- By providing others with everything they require, I can create a sense of trust and reciprocity. This, in turn, may lead to receiving the things that I have been lacking in my life.
- Frequently, I find myself tidying up after my partner and it makes me feel like a caretaker.

Reject

- I have been struggling with trying to manipulate my partner into fulfilling my needs by ignoring their needs.
- It can be exhausting and discouraging when my efforts go unnoticed or unappreciated. At times, I feel frustrated and compelled to assert my significance.

- Often, when I observe that other people possess something I lack, I experience feelings of jealousy and anger.
- I often resort to feeling angry in order to capture my partner's attention.
- Fighting is one of the best ways to show them I exist.
- I want to demonstrate to my partner that I am correct.
- When I am not noticed, I tend to increase my volume and draw attention to myself.
- I hold back intimacy to get my partner to do what I want.
- I have a deep fear of being abandoned, which often leads me to abandon others before they can abandon me.
- Sometimes, I feel the need to remind my partner that I am an important part of their life and they depend on me.
- If I am hurt, I will make sure that my partner pays for it
- I firmly stand by the principle of ensuring that my partner is answerable for any harm inflicted upon me.
- I am aware I, at times, have to play games to keep my partner in line

Results:

Primary Survival Response:

Primary State Managing Trait:

Secondary Survival Response:

Secondary State Managing Trait:

Cross Sectional Tendencies:

Total Score:

Connect:

Appease:

Compensate:

Reject:

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