

Relational Maintenance Strategies Measure

The following items concern things that people might do to maintain their relationships. Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement as a method that you currently use to maintain one of your current relationships.

1	2	3	4	5	6	7
Disagree strongly	Disagree	Disagree a little bit	Neutral, or no opinion	Agree a little bit	Agree	Agree strongly

To maintain my relationship, I . . .

<p><i>Positivity</i></p> <p>1. ___ Attempt to make our interactions very enjoyable.</p> <p>2. ___ Am cooperative in the ways I handle disagreements between us.</p> <p>3. ___ Try to build us his/her self-esteem, including giving him/her compliments, etc.</p> <p>4. ___ Ask how his/her day has gone.</p> <p>5. ___ Am very nice, courteous, and polite when we talk.</p> <p>6. ___ Act cheerful and positive when with him/her.</p> <p>7. ___ Do not criticize him/her.</p> <p>8. ___ Try to be romantic, fun, and interesting with him/her.</p> <p>9. ___ Am patient and forgiving of him/her.</p> <p>10. ___ Present myself as cheerful and optimistic.</p> <p><i>Openness</i></p> <p>11. ___ Encourage him/her to disclose thoughts and feelings to me.</p> <p>12. ___ Simply tell him/her how I feel about our relationship.</p> <p>13. ___ Seek to discuss the quality of our relationship.</p> <p>14. ___ Disclose what I need or want from our relationship.</p> <p>15. ___ Remind him/her about relationship decisions we made in the past (such as regarding intimacy).</p> <p>16. ___ Like to have periodic talks about our relationship.</p>	<p><i>Assurances</i></p> <p>17. ___ Stress my commitment to him/her.</p> <p>18. ___ Imply that our relationship has a future.</p> <p>19. ___ Show my love for him/her.</p> <p>20. ___ Show myself to be faithful to him/her.</p> <p><i>Network</i></p> <p>21. ___ Like to spend time with our same friends.</p> <p>22. ___ Focus on common friends and affiliations.</p> <p>23. ___ Show that I am willing to do things with her/her friends or family.</p> <p>24. ___ Include our friends and family in our activities.</p> <p><i>Tasks</i></p> <p>25. ___ Help equally with tasks that need to be done.</p> <p>26. ___ Share in the joint responsibilities that face us.</p> <p>27. ___ Do my fair share of the work that we have to do.</p> <p>28. ___ Do not shirk my duties.</p> <p>29. ___ Perform my household responsibilities.</p>
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Please check: Did you write a number in front of each statement?

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