

INTERPRETING THE RESULTS OF THE TWO TOOLS

1. **You may want to combine your responses on one of the tools** by using different initials, e.g., your initials for *How I Try to Treat the Other Person*, and the other person's initials for *How I Think I Am Treated*. Include the arrows showing the tendency to go up or down the scale. This will give you a bird's-eye view, showing how you think you are being treated and how you try to treat the other person for each building block.
2. **To analyze the relationship**, it might be helpful to answer these questions:
 - How important is this building block to me? (Consider putting a star next to the most important ones.)
 - In what ways is this building block a positive part of the relationship?
 - In what ways is it lacking?
 - Am I motivated to try to close the gap?
 - How might I do that?
3. A powerful use of these tools is when the other person in the relationship also completes them and the **responses are shared**. This can help pinpoint specific areas of strength or discrepancy in a relationship where:
 - a. There are significant gaps that may indicate specific areas where one, or both of you, may want to make specific changes.
 - b. There is alignment that may indicate specific areas where one, or both of you, may want to make concerted efforts to continue doing certain things.
 - c. Specific talking points might include:
 - How important is this building block to each of us?
 - In what ways is this building block a positive part of our relationship?
 - In what ways is it lacking?
 - Are either, or both of us, motivated to try to close the gap?
 - How might we do that?
 - In longer-term relationships, are there changes that transpired over time that can be noted with any of the building blocks?

NOTE: In many relationships it might be inappropriate and/or uncomfortable to ask the other person in the relationship to complete the assessment tools. Nevertheless, there is value in completing the assessment tools on your own to see what you can learn about yourself and your participation in a given relationship.

