

Honesty and Openness

People often differ on how much information they share with their partner about their feelings, needs, daily life, and desires. Please indicate below your feelings about how your partner shares or doesn't share information about his or her life.

1. How much honesty and openness do you have in your relationship now?

- ☐ My partner and I share everything with each other; we have no secrets.
- ☐ My partner and I share a lot with each other, but I wish we shared more, or shared about different things. If yes, please say more about this:

- ☐ My partner does not share enough with me about important areas. If yes, please say more about this:

- ☐ My partner leaves me in the dark about many things. If yes, please say more about this:

- ☐ I cannot get my partner to tell me very much. Communication is nearly non-existent between us. If yes, please say more about this:

2. Has the amount of honesty and openness changed in your relationship over time?

- ☐ Yes
- ☐ No

If yes, when did you notice it changing? _____

3. In which areas would you like more honesty and openness from your partner? Check all that apply.

- ☐ Things that happen in my partner's daily life, and how she or he feels about it.
- ☐ Schedules and events, e.g., where my partner is at a given time, or plans to be in the days ahead.
- ☐ Relationships my partner has with friends, family, coworkers, ex-lovers.
- ☐ Feelings about our relationship, how things are going, where he or she sees it heading.
- ☐ Feelings about important events that have occurred in our relationship.
- ☐ Feelings about his or her past, or about important events that have occurred in his or her life.
- ☐ Hopes, wishes, and plans for the future.
- ☐ Other: _____