

Exercise

Your Script Rules about Relationships

To find out what your script rules about relationships are, try this quick quiz. (If the word “rules” throws you a bit, try using the word “guidelines.”)

In completing this quiz, consider what was actually said to you as a child as well as what may have been implied by the way your parents or significant caregivers behaved toward each other.

For example, your mother may have rolled her eyes or busied herself with housework every time your father spoke. Had you been able to say it in words, what did you think this action meant?

Answer the questions as honestly as possible, and have your partner complete the quiz as well. Then compare your responses to the relationship you have together to see how much of your parents’ set of rules you are still living out in your current relationship.

What are your mother’s rules for being a man?

What are your mother’s rules for being a woman?

What are your father’s rules for being a man?

What are your father’s rules for being a woman?

What are your family’s rules for being a couple?
