

Smalley/Trent Distance-Closeness Survey

Answer the following questions with particular loved ones in mind (e.g., your mate, child, close friend, parent). Fill in the blank with a number between 1 and 4, indicating your answer to each question as follows:

- | | |
|------------|------------|
| 1 = never | 3 = often |
| 2 = seldom | 4 = always |

With your loved ones, do you...

- Give them the freedom to ask you questions without reacting or becoming defensive? _____
- Seek to hear their real inner feelings without ridiculing them? _____
- Freely express your own inner feelings and thoughts? _____
- Know clearly their ideas and plans for the future? _____
- Watch your everyday manners so as not to offend them? _____
- Plan your schedule to include ~~time~~ *time with them*? _____
- "Light up" when they return from a ~~trip~~? _____
- Say "I love you" regularly and without conditions? _____
- Share your personal problems and victories? _____
- Laugh regularly? _____
- Actively attend or support their hobbies or athletic events? _____
- Regularly hug or kiss them? _____
- Seek and value their opinions on family issues first? _____
- _____
- Keep yourself well-dressed and manicured? _____
- Build their trust by being consistently honest with them? _____
- Actively listen to them by putting down the paper, turning off the television, or looking up from cooking? _____
- Allow them to borrow your things? _____
- Smile toward them regularly? _____
- Seek their forgiveness immediately when you've offended them? _____
- _____
- Keep their secrets if they want you to? _____
- Keep your promises? _____
- Show an honest interest in their friends and relatives? _____
- Act cheerful and encouraging? _____
- Make a genuine effort to be on time? _____
- Watch your tone of voice? _____
- Do your fair share of the housework? _____
- Respect their personal property? _____
- Avoid using negative nicknames? _____

Answer each question. as
"yes" or "no"

1. Do you tend to hold your feelings inside rather than express them to others? _____
2. Can you criticize a friend? _____
3. Can you ask others for a favor or ask for help with a problem you're having? _____
4. Do you have difficulty saying no to an added responsibility, even when you know you're overcommitted? _____
5. Do you leave most of the discipline of the **children to your spouse** _____
6. When someone compliments you, do you feel uncomfortable or have to explain it away? _____
7. Are most of your times with friends spent listening to their needs and concerns, without voicing your own? _____
8. Do you feel that being aggressive and being assertive are basically the same thing? _____
9. Do you often walk away from confrontations with your children and feel, deep inside, that they've won again? _____
10. Was it difficult for you to express anger in your home growing up? _____
11. Do you feel that your spouse is being too hard when he or she disciplines the children, even when you know the discipline is appropriate and justified? _____
12. If you say no to a friend's request, do you feel you may lose the relationship? _____
13. Do you find yourself being convicted by a message, **class, friend** or book, but put off taking any steps to change? _____
14. Do you often think that something will "just happen" that will quickly turn a negative situation into a positive one? _____
15. Do you feel insecure in your spiritual life and growth? _____