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|--|--|--|--|--|--|--|------------------|
| 7. In this relationship, it's safe to acknowledge our differences. | | | | | | | Calm Accepted |
| 8. When I am with this person, I feel a sense of belonging. | | | | | | | Accepted |
| 9. Despite our different roles, we can trust each other as equals. | | | | | | | Accepted |
| 10. I feel valued in this relationship. | | | | | | | Accepted |
| 11. There is give and take in this relationship. | | | | | | | Accepted |
| 12. This person is able to sense how I feel. | | | | | | | Resonant |
| 13. I am able to sense how this person feels. | | | | | | | Resonant |
| 14. With this person I have more clarity about who I am. | | | | | | | Resonant |
| 15. I feel that we "get" each other. | | | | | | | Resonant |
| 16. I am able to see that my feelings impact this person. | | | | | | | Resonant |
| 17. This relationship helps me be more productive in my life. | | | | | | | Energetic |

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|--|--|--|--|--|--|--|-----------|
| 18. I enjoy the time I spend with this person. | | | | | | | Energetic |
| 19. Laughter is a part of this relationship. | | | | | | | Energetic |
| 20. In this relationship, I feel more energetic. | | | | | | | Energetic |
| Safety Group Score | | | | | | | |

*Reprinted with consent of author. See Amy Banks, M.D. with Leigh Ann Hirschman. *Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships*. Jeremy Tarcher / Penguin (2015). P. 95, ff.