

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

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.