

What type of **relationship character** are you?

Cool and Cozy are the two primary types of relationship characters. Cools and Cozys have different styles of relating—psychologists call them attachment styles—and relationships are typically made of any combination: Cozy/Cool, Cool/Cool, or Cozy/Cozy. After watching the accompanying video, find out which type you are by scanning and marking the characteristics from the list of each of the two types below. (Your partner can do it, too!)

A Typical Cozy ('We First') type:

- You tend to focus more on your partner and your relationship and not as much on yourself.
- You tend to give too much to your partner—or at least give more than you receive.
- You usually look to your partner for emotional support.
- It is very important to you to have a passionate committed relationship with a close connection. You need to have someone there for you.
- You tend to over-function and feel emotionally responsible for your partner.
- You may try to please your partner—or be the perfect partner. Sometimes you're self-sacrificing.
- You can often feel unheard or acknowledged by your partner.
- Your partner can be self-centered, but you usually put up with it.
- You tend to over-give empathy and compassion to your partner.
- Rather than clearly asking and taking a stand for what you want, you may accept what your partner is giving you.
- You easily blame yourself when things go wrong.
- You may find it hard saying 'no' to others' requests.
- Between you and your partner, you can often feel disappointed and disempowered in the relationship.
- When your partner isn't caring and responsive, you can feel frustrated and anxious, and be critical and blaming of them.
- Sexually, you find what you most like about making love with your partner is the emotional closeness it provides.

A Typical Cool ('Me First') type:

- Your best asset is your rational, logical, and analytical mind.
- You tend to rely on yourself. Independence is important to you.
- You tend not to pay much attention to your feelings and needs. You don't get too excited, nor too worked up about anything. You tend to be 'even keel.'
- You've found that the longer you're in a relationship, the more likely you are to lose passion and intimacy.
- You tend toward not giving too much to your partner.
- You believe people who need love and support all the time are often weak and needy, and it makes you feel good that you're not like that.
- When your partner talks about his/her feelings, sometimes you find it hard to tune in.
- Because sharing yourself and your vulnerabilities with your partner can feel as if you're giving up something, you prefer not to disclose too much.
- Maintaining sustained eye contact or being too touchy-feely with your partner can annoy you if it goes on too long.
- You can enjoy your partner showing his or her love for you, but you can often resent them asking and expecting anything in return—especially if they expect it right away.
- You may feel your partner is too emotional. This too can be annoying.
- You tend to question people's motives. You don't easily trust most people.
- You tend to be very involved in interests outside your relationship: you work a lot, or work out alone for long stretches, or spend a lot of time online or playing video games, watching TV, or drinking.
- You're aware you probably hold more power in the relationship. Your partner seems needier than you.
- Sexually, you find you're generally more interested in physical attractiveness and sexual turn-ons than in emotional closeness. When it's available, you feel tempted to watch porn and do so by yourself.

Total your scores for each type:

Partner #1: _____ Cool:_____ Cozy:_____ Overall type: _____

Partner #2: _____ Cool:_____ Cozy:_____ Overall type: _____