

Bids for Connection Quiz

Choose your answers based on this key:

1	2	3	4	5
strongly agree	disagree	neutral	agree	strongly agree

1. I sometimes get ignored when I need attention the most.

2. This person usually doesn't have a clue as to what I am feeling.

3. I have a hard time having meaningful conversations with this person.

Total your answers for questions 1-3: _____ out of 15

4. I get mad when I don't get the attention I need from this person.

5. I often find myself becoming irritable with this person.

6. I often feel irritated that this person isn't on my side.

Total your answers for questions 4-6: _____ out of 15

7. I have trouble getting this person to listen to me.

8. I find it difficult to get this person to open up to me.

9. I have trouble getting this person to talk to me.

Total your answers for questions 7-9: _____ out of 15

Bids for Connection Quiz

Results:

Your score for questions 1-3: _____

- A score below 8 means that you are direct in your relationship. This is great news for your relationship because you can state clearly what you need from this person.
- If your score is 8 or higher, you may be too reticent in bidding. The other person in your relationship may feel as if they have to be a mind reader to understand what you need.

Your score for questions 4-6: _____

- A score below 8 means that you are not overly forceful in expressing what you need from this person. Your relationship benefits from this quality of yours because it's easier for the other person to hear and understand what you need.
- If your score is 8 or higher, you may be expressing so much anger in your bidding that you are turning this person away. Maybe this is because of past frustrations, or maybe it is the way your personality is.

Your score for questions 7-9: _____

- A score below 8 means that you have a high level of trust in your relationship.
- If your score is 8 or higher, this reflects a problem with the level of trust in your relationship. You may need to do more to win this person's trust in your relationship. Some people accomplish this by concentrating more on responding to the other person's bids, rather than trying to get the other person to respond to you.

My Needs	Top Ten Relational Needs	My Partner's Needs
	<p>Acceptance Receiving others willingly & unconditionally (even when their behavior has been imperfect) and loving them in spite of any differences that may exist between you.</p>	
	<p>Affection Expressing care and closeness through physical touch and through words such as "I love you" or "I care about you."</p>	
	<p>Appreciation Expressing thanks, praise, or commendation, particularly in recognition of accomplishments or efforts.</p>	
	<p>Approval Building up or affirming another person, particularly for who they are (as opposed to what they do); affirming the importance of our relationship with another person</p>	
	<p>Attention Conveying appropriate interest, concern and care; taking notice of others and making an effort to enter into their respective worlds</p>	
	<p>Comfort Caringly responding to a hurting person through words, actions, emotional responses, and physical touch; hurting with and for others in the midst of their grief or pain</p>	
	<p>Encouragement Urging others to persist and persevere in their efforts to attain their goals, stimulating others toward love and good deeds</p>	
	<p>Respect Valuing one another highly, treating one another as important, and honoring one another with our words and actions</p>	
	<p>Security Establishing and maintaining harmony in our relationships, and providing freedom from fear or threat of harm through expressions of vulnerability, deepening of trust, and the successful resolution of conflict</p>	
	<p>Support Coming alongside others and providing gentle, appropriate assistance with a problem or struggle</p>	

Getting Your Needs Met

My first need is _____, this need is important to me

because _____

_____.

This need is being met now by _____.

This need could be met by these three tangible actions:

1. _____

2. _____

3. _____

My second need is _____, this need is important to me

because _____

This need is being met now by _____.

This need could be met by these three tangible actions:

1. _____

2. _____

3. _____

My third need is _____, this need is important to me

because _____

_____.

This need is being met now by _____.

This need could be met by these three tangible actions:

1. _____

2. _____

3. _____

Ask for feedback from your partner.

Do they understand the importance of meeting that need for you?

Do they feel like they could meet that need or make those changes you have suggested? Are they willing to try?

Turning Towards Activity

Couples can improve their marriage by clearly telling each other what they need in terms of acceptance, friendship, affection, and romance. Research has shown that such exchanges are the stuff that happy marriages are made of. Whether a partner wants sex, affection, conversation, or just some help with yard work, the story is the same: One partner makes a bid in the form of a comment, a gesture, a question, a touch, or a facial expression. And the other partner "turns toward" that bid with interest, empathy, or support.

While turning toward your partner's bids leads to the growth and development of a loving, caring relationship, "Turning away" by ignoring your partner's bids has just the opposite effect. Whether the slight is intentional or simply caused by mindlessness, continually disregarding your partner's bids leads to increased conflict, hurt feelings, and the deterioration of your relationship.

"Turning against" your partner's bids with arguments and hostility also has a negative impact. It can make the bidding partner feel hurt and fearful, so that bidding stops, feelings are suppressed, and the relationship begins to wither.

Below is a list of situations in which partners commonly bid for emotional connection. As you read each item, imagine your partner offering this bid to you. Then imagine ways that you might turn away, turn against, or turn towards the bid. Over the next several weeks, see what happens when you make an effort to habitually turn toward your partner.

Examples: BID: My partner pours me a cup of coffee as I'm working at the computer.

Turning-away response: Silence. No acknowledgment.

Turning-against response: "Looks like you made it too weak again."

Turning-toward response: "Thanks. That's so thoughtful."

Examples: BID: My partner reads aloud a joke that he or she thinks is funny.

Turning-away response: "Have you seen my black shoes?"

Turning-against response: "I can't concentrate when you're reading like that."

Turning-toward response: "That's funny." Or "I don't get it. Tell me why it cracks you up."

Turning Towards Activity

BID: My partner tells me some bit of news about a relative.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner mentions something that needs to be done in the yard.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner tells me we're out of laundry detergent.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner admires the neighbor's new car.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner touches me in an affectionate way.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner complains about a chronic health problem.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner says he or she is worried about our child.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner touches me in a way that usually leads to sex.

Turning-away response:

Turning-against response:

Turning-toward response:

Turning Towards Activity

BID: My partner tells me he or she is very tired.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner recalls something from childhood that was very hurtful.

Turning-away response:

Turning-against response:

Turning-toward response:

BID: My partner tells me about an incident at work where he or she felt unfairly treated.

Turning-away response:

Turning-against response:

Turning-toward response:

Discussion:

Read through the questions below and discuss the answers with your partner.

- How often do you recognize when I am making bids? (nearly always, most of the time, sometimes, or rarely)
- How often do I recognize when you are making bids? (nearly always, most of the time, sometimes, or rarely)
- How can I get better at making bids? (i.e., be more direct, tell me it's a bid, etc.)
- How can you get better at making bids?
- How good am I at recognizing the difference between content and subtext (the true meaning of the bid)? You?
- What keeps you from making more bids with me? How can I help you feel more comfortable or willing to make bids?
- Do I turn away or against you more often than I turn towards you? How can I get better at turning towards you and responding to your bids?
- What does it feel like for me when you don't turn towards me? What does it feel like for you?