

CHECK LIST OF INTERPERSONAL TRANSACTIONS

(Transaction Rating Form: R)

DIRECTIONS. The following pages contain lists of actions that can occur in interactions between two persons. Your task is to check each item which accurately describes an action exhibited in your transactions by the person targeted for you.

Make your judgments about occurrence of this person's actions solely on the basis of your personal encounters with that person. Check only those items which describe actions by that person which occurred "live" in your presence.

In order to receive a check, the action described by a particular item must have occurred in your presence and must be judged by you as typical of the way that person acts with you. If an item describes an action that does not typically occur in your interactions with this person, leave that item blank.

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 1. is quick to take charge of the conversation or discussion, or to offer suggestions about what needs to be done
- _____ 2. is hesitant to express approval or acceptance of me
- _____ 3. is careful not to let his or her feelings show clearly; or speaks undemonstratively, with little variation in tone or manner
- _____ 4. finds it difficult to take the initiative; or looks to me for direction or focus; or shows a desire to do "whatever you want"
- _____ 5. is receptive and cooperative to my requests, directions, appeals, or wishes; or is quick to assist or work together with me
- _____ 6. expresses pleasure in self; or comments on own accomplishments, awards, or successes
- _____ 7. scans carefully to detect any of my reactions, evaluations, or motives that might have a harmful intent
- _____ 8. shows little attention, interest, curiosity, or inquisitiveness about my personal life, affairs, feelings, or opinions
- _____ 9. waits for or follows my lead regarding topics or issues to discuss, directions or actions to pursue
- _____ 10. is quick to express approval or acceptance of me
- _____ 11. speaks or acts emotionally or melodramatically, or with much variation in tone or manner
- _____ 12. shows an intense task focus or desire to "get down to business"; or suggests directions or objectives
- _____ 13. is quick to resist, not cooperate, or refuse to comply with my requests, directions, appeals, or wishes
- _____ 14. makes self-critical statements; or expresses low self-worth; or apologizes frequently
- _____ 15. gazes at me in an open, receptive, trusting, non-searching manner
- _____ 16. inquires into or expresses attention, interest, or curiosity about my personal life, affairs, feelings, or opinions

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 17. dominates the flow of conversation, or changes topic, or interrupts and "talks down"
- _____ 18. avoids at any cost showing affection, warmth, or approval
- _____ 19. endlessly prefaces or qualifies statements to the place where points being made get lost, or views or positions are unclear or ambiguous
- _____ 20. goes out of way to give me credit for my contributions, or to admire or praise me for my good ideas or suggestions
- _____ 21. inconveniences self or sacrifices to contribute, help, assist, or work cooperatively with me
- _____ 22. is cocky about own positions or decisions; or makes it abundantly clear s/he can do things by self; or avoids any hint that I can help
- _____ 23. expresses doubt, mistrust, or disbelief regarding my intentions or motives
- _____ 24. refrains at all costs from close visual or physical contact or direct body orientation with me
- _____ 25. finds it almost impossible to take the lead, or to initiate or change the topic of discussion
- _____ 26. constantly expresses approval, affection, or effusive warmth to me
- _____ 27. makes startling or "loaded" comments; or takes liberties with facts to embellish stories
- _____ 28. works hard to avoid giving me credit for any contribution; or implies or claims that good ideas or suggestions were his/her own
- _____ 29. is openly antagonistic, oppositional, or obstructive to my statements, suggestions, or purposes
- _____ 30. is hesitant or embarrassed to express his or her opinions; or conducts self in an unsure, unconfident, or uneasy manner
- _____ 31. responds openly, candidly, or revealingly to the point of "telling all"
- _____ 32. continually stands, sits, moves or leans toward me to be physically close

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 33. expresses firm, strong personal preferences; or stands up for own opinions or positions
- _____ 34. acts in a stiff, formal, unfeeling, or evaluative manner
- _____ 35. finds it difficult to express his or her thoughts simply or without qualifications; or works hard to find precise words to express his or her thoughts
- _____ 36. is content, unquestioning, or approving about the focus or direction of a given topic of discussion or course of action; or is quick to follow my lead
- _____ 37. expresses appreciation, delight, or satisfaction about me, our situation, or our task
- _____ 38. prefers to rely on own resources to make decisions or solve problems
- _____ 39. claims that I misunderstand, misinterpret, or misjudge his/her intents or actions
- _____ 40. remains aloof, distant, remote, or stand-offish from me
- _____ 41. claims s/he doesn't have an opinion, preference, or position, or that "it doesn't matter," "whatever you want," "I don't know," etc.
- _____ 42. acts in a relaxed, informal, warm, or nonjudgmental manner
- _____ 43. makes comments or replies that "pop out" quickly and energetically
- _____ 44. questions or expresses reservation or disagreement about the focus or direction of the conversation or course of action
- _____ 45. grumbles, gripes, nags, or complains about me, our situation, or our task
- _____ 46. readily asks me for advice, help, or counsel
- _____ 47. communicates that I am sympathetic or fair in interpreting or judging his/her intents or actions
- _____ 48. is absorbed in, attentive to, or concentrates intensely on what I say or do
- _____ 49. states preferences, opinions, or positions in a dogmatic or unyielding manner

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 50. has absolutely no room for sympathy, compromise, or mercy regarding my mistakes, weaknesses, or misconduct
- _____ 51. "talks around" or hedges on evaluations of me, events, or objects, or constantly minimizes expressions of his or her feelings
- _____ 52. makes statements that are deferentially, softly, or carefully presented as if s/he desperately wants to avoid any implication of disapproval, criticism, or disagreement
- _____ 53. seems always to agree with or accommodate me; or seems impossible to rile
- _____ 54. brags about achievements, successes, or good-fortune; or "puts on airs" as if in complete control of his/her life
- _____ 55. expresses harsh judgment, "never forgetting," or no forgiveness for my mistakes, weaknesses, or injurious actions
- _____ 56. seems constantly uncomfortable with me as if s/he wants to leave or be by self
- _____ 57. expresses own preferences hesitantly or weakly; or yields easily to my viewpoints; or backs down quickly when I question or disagree
- _____ 58. goes out of way to understand or be sympathetic towards me, or to find something about me to approve of, endorse, or support
- _____ 59. constantly overstates evaluations of me, events, or objects; or exaggerates expression of his/her feelings
- _____ 60. makes comments that avoid sharing credit with me for good happenings or joint accomplishments; or "plays up" own contributions
- _____ 61. argumentatively challenges or refutes my statements or suggestions; or "tells me off," "lets me have it" when disagrees
- _____ 62. claims s/he is a constant failure, or is helpless, witless, or at the mercy of events and circumstances
- _____ 63. expresses unbending sympathy, understanding, or forgiveness for my hurtful or injurious actions

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 64. finds it difficult to leave me; or goes out of way to secure more and more of my company
- _____ 65. seizes opportunities to instruct or explain things, or to give advice
- _____ 66. expresses stringent, exacting, rigorous standards or expectations of me
- _____ 67. delays giving clear answers or postpones decisions; or deliberates carefully before speaking or acting
- _____ 68. makes comments that give me credit for any good happenings or joint accomplishments; or points out my contributions while "playing down" his or her own
- _____ 69. is attentive to, considerate or solicitous of my feelings, or sensitive to pressures or stresses in my life
- _____ 70. expresses his or her opinions with conviction and ease; or conducts self in a confident, assured, and unruffled manner
- _____ 71. in response to my inquiries or probings, acts evasively as if hiding important secrets
- _____ 72. is slow to respond or speak to me; or seems distracted by own thoughts
- _____ 73. is quick to agree with my opinions or to comply with my directions or preferences
- _____ 74. expresses lenient, soft-hearted, or compassionate standards or expectations of me
- _____ 75. makes hasty decisions; or jumps into new activities with little premeditation
- _____ 76. challenges or disputes my ideas or statements; or attempts to get the better of me or put me down
- _____ 77. ignores, overlooks, or is inconsiderate of my feelings; or disregards pressures or stresses in my life
- _____ 78. urgently solicits my advice, help, or counsel even for everyday troubles or difficulties
- _____ 79. shows trust in or reliance upon my good intentions or motives; or casts my behavior in the best possible "light"

WHEN IN MY COMPANY, THIS PERSON. . .

- _____ 80. is careful to acknowledge and be responsive to my statements and actions
- _____ 81. overwhelms or "steamrolls" me by his/her arguments, positions, preferences, or actions
- _____ 82. expresses severe, inflexible, or uncompromising expectations for my conduct
- _____ 83. endlessly avoids or delays clear answers, decisions, actions, or commitment to positions
- _____ 84. makes flattering or glowing comments about me, our situation, or our joint task
- _____ 85. makes unconditionally supportive, encouraging, endorsing, comforting, or bolstering comments to me
- _____ 86. acts as if excessively "full of self," or as feeling special or favored, or as cocksure of his/her future
- _____ 87. is bitterly accusatory, suspicious, or disbelieving of me
- _____ 88. seems totally unmoved, unaffected, or untouched by my comments or actions
- _____ 89. seems unable to assert what s/he wants, or to stand up to me, or to take any opposing position
- _____ 90. is unwaveringly tolerant, patient, or lenient in regard to his/her expectations for my conduct
- _____ 91. seems compelled to act out feelings with me, or impulsively to jump into new actions or activities
- _____ 92. makes critical, demeaning, snide, or derisive statements about me, our situation, or our joint task
- _____ 93. swears at me; or makes abusing, disparaging, damaging, or crude comments to me
- _____ 94. is constantly dissatisfied with self, guilty or depressed; or feels hopeless about the future
- _____ 95. shows blind faith or polyannish trust in me; or believes almost anything I say
- _____ 96. seems totally engrossed in me; or is constantly moved, affected, or responsive to my comments or actions