



Getting the Love You Want

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Haven Help Us

Is your home a haven? Take the survey

By Betsy Bergquist, Imago Therapist

As some of my regular readers know, I am a big fan of Pat Love's book *The Truth About Love* (available at online booksellers and many bookstore). It's full of useful and practical perspective, information, and ideas about how to get and stay connected in relationships on a daily basis. She makes masterful and extensive use of examples, scenarios, lists, and surveys to make the abstract concrete

In a section on creating a safe home for a relationship, she notes that everyone wants to come home to and live in a setting that is physically and emotionally designed to meet one's needs - a haven.

Home is the context for the rest of our lives, especially our relationship with our partner. In a committed relationship, where we share this haven with a partner, though, there is the ever-present question: "Who's responsible for making this happen?"

To help clarify and address this question, she provides this self-survey of one's current attitudes, feelings, actions, and opinions concerning our home - all of which may contribute to one's current level of satisfaction or dissatisfaction around "home."

As you may note in taking the survey, it is designed to help you uncover your "domestic agreements" - spoken or unspoken - about the place where you and you relationship live.

Read each sentence and circle the number that best describes your answer. (You may want to print this out.) For scoring, read what follows the survey.

1. My attitude sometimes makes our home uncomfortable.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

2. Right now our home is in need of some serious attention.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

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3. It's difficult for me to completely relax at home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

4. Our home looks better than it feels.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

5. Our busy work schedules negatively affect the atmosphere of our home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

6. More often than not, I am totally exhausted when I get home after work.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

7. Our home does not reflect my taste.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

8. Our home does not meet my needs.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

9. When it comes to keeping up with our home, I feel like I am always behind.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

10. What our home looks like is not of great concern to me.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

11. The biggest problem with our home is not being there enough.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

12. I think our home is just fine the way it is.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

13. I always feel good when I walk into our home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

14. I feel appreciated at home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

15. I feel safe at our home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

16. I like the location of our home.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

17. I think our home is very welcoming to others.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

18. Our home is private enough for me.

Disagree		Somewhat Agree		Agree
1	2	3	4	5 6

19. I feel respected at home.

Disagree		Somewhat	Agree		Agree
1	2	3	4	5	6

20. I think my expectations of our home are realistic.

Disagree		Somewhat	Agree		Agree
1	2	3	4	5	6

As for scoring, Pat notes that these questions are best used for discussion or reflection. For readers who know the couple's dialogue, don't forget to use the dialogue process for mirroring, validation, and empathy in this "discussion" or "reflection." Great practice!

Use the questions to explore the underlying "domestic agreements" you may either consciously or unconsciously have around them.

Your scores do not measure anything specific. However, depending on how you interpreted the questions, a high score on questions 1-10 might indicate that your home is not now a haven for you; a high score on questions 11-20 might indicate that your home is now a haven for you.

A separate, excellent question not addressed in this exercise is very often, "Where do we find the time in our already full schedule to make our home a true haven?!"

I will have more to say about that in a forthcoming article.