

.....
I do not acknowledge my sexual aggression or manipulation (even to myself).

Agree 1 2 3 4 5 Disagree
.....

I cannot cry.

Agree 1 2 3 4 5 Disagree
.....

I often do not know what I am feeling or what I want.

Agree 1 2 3 4 5 Disagree
.....

I look to the world for my validation because I am unable to self-validate.

Agree 1 2 3 4 5 Disagree
.....

I cannot reveal who I am to my partner for fear of rejection.

Agree 1 2 3 4 5 Disagree
.....

I ask my partner not to talk about our relationship to his or her friends.

Agree 1 2 3 4 5 Disagree
.....

**My wounds keep me from validating the accomplishments of other people;
their successes somehow diminish me.**

Agree 1 2 3 4 5 Disagree
.....

I cannot validate my partner's perspective when that perspective triggers my pain.

Agree 1 2 3 4 5 Disagree
.....

I cannot sit with my pain, instead I expect my partner to fix it.

Agree 1 2 3 4 5 Disagree
.....

I blame or lash out when wounded, saying things for which I later need to make amends.

Agree 1 2 3 4 5 Disagree
.....

.....

I do not apologize.

Agree 1 2 3 4 5 Disagree

.....

**When I am fighting with my partner,
winning the argument becomes more important than the truth.**

Agree 1 2 3 4 5 Disagree

.....

I cannot set boundaries or reject my partner.

Agree 1 2 3 4 5 Disagree

.....

Rating Your Score

There is no pass or fail for this. I created this "test", because I have seen each of these things in myself, and I feel that each of them has kept me from being the person I want to be. I would not be so presumptuous as to "rate" anyone else in his or her emotional resilience.

The whole point of this test is self-honesty and self-confrontation. Any area in which your score is "low" points to a place that you might want to explore.

If you do choose to explore these areas, it will be painful. There is no way around this. The only way to resolve our pain is to move toward it.

I present this "test" as a "compass" that may help us move toward our healing.

David Bruce Leonard

Author of - How to Worship the Goddess and Keep Your Balls: A Man's Guide to Sacred Sex

Available here:

<http://www.davidbruceleonard.com>