

## Appendix II Table 1 - The Standing Up Quadrants

People who get respect and cooperation from their partners have the ability to stand up for themselves without resentment, and without making a big deal of the fact that they had to (See the shaded quadrant below).

### Did you require equal regard?

(Did you require that your opinions, priorities or preferences be given as much consideration as your partner's?)

|   | <b>Yes, I Required Equal Regard</b>  | <b>No, I didn't Require Equal Regard</b>   |
|---|--|--|
| <b>YES, I resented the fact that I had to stand up for myself</b>   | <p style="text-align: center;"><b><i>Standing Up For Yourself Resentfully</i></b></p> <ul style="list-style-type: none"> <li>• You held your ground and required that your partner be respectful of your wants, needs and opinions, and you required compromise. However, you also acted like there was something wrong with her for having a hard time giving your viewpoint as much credibility as hers, or for wanting to have her own way.</li> <li>• Although you required that your partner respect your wants, needs and opinions, your "shame on you" attitude likely stirred up her natural defenses and made her resent you rather than respect you for standing up for yourself.</li> </ul> | <p style="text-align: center;"><b><i>Not Standing Up For Yourself; Feeling Resentful About Being Dismissed</i></b></p> <ul style="list-style-type: none"> <li>• You felt disapproving, disgusted or resentful, but didn't believe that it would get you anywhere to try to require equal consideration. It wasn't worth the hassle.</li> <li>• Your partner felt put down by you even though you "gave in."</li> <li>• Your partner didn't feel grateful for you "giving in." In fact, she may still be quite angry with you, and even less likely to respect your feelings and opinions in the future.</li> <li>• If you have allowed yourself to be taken advantage of repeatedly, you have probably begun to distance yourself emotionally from your partner. Unfortunately, this makes it even less likely that she will treat you with more respect in the future.</li> </ul> |
| <b>Did you feel resentful that your partner put you in a position of having to stand up for yourself?<br/><br/>No, I didn't mind standing up for myself</b> | <p style="text-align: center;"><b><i>Standing Up For Yourself Without Resentment</i></b></p> <ul style="list-style-type: none"> <li>• You didn't try to "win" at her expense; you just required that she be respectful of your wants, needs and opinions, and that she be willing to find ways to meet in the middle.</li> <li>• You held your ground without making a big deal of how awful she was for having a hard time giving your viewpoint as much credibility as her, or for wanting to have her own way.</li> <li>• Although she might not have liked that you stood up for yourself, the fact that you did it without putting her down likely increased her respect for you.</li> </ul>      | <p style="text-align: center;"><b><i>Not Standing Up For Yourself, Not Feeling Resentful</i></b></p> <ul style="list-style-type: none"> <li>• You didn't require equal consideration, but neither did you feel upset about having your feelings disregarded.</li> <li>• You may not have felt that you deserved to be given equal consideration, or if you did deserve it, it wasn't going to happen and it wasn't worth getting upset about.</li> <li>• Without meaning to, you encouraged your partner to disrespect you.</li> <li>• You may be trying to ignore or distract yourself from the fact that your partner isn't willing to value your feelings and opinions equally.</li> </ul>  |