

Know Your Relationship Mindset

To analyse your relationship mindset and identify potential changes, begin by reflecting on the following statements. Don't overthink it. Please indicate your level of agreement or disagreement with the statement.

1. It appears that I am generally well-liked by most people.
2. I fear being alone.
3. I receive respect from others.
4. I tend to worry that romantic partners don't really love me.
5. I prefer proximity to others.
6. I don't mind being in close proximity to others.
7. It can be difficult to rely on others in times of need.
8. I am open to receiving help from others.
9. I struggle with trusting others.
10. I have concerns that my value may not be perceived equally by others.

Are You Okay?

The relationship mind-set is composed of two factors. The first factor pertains to self-perception and is referred to as "I'm okay." The second factor pertains to one's perception of others, labelled as "You're okay." Check if you answered "Agree" or "Disagree" to each statement and add up the points to find your dominant mindset factor. Give 2 points for each statement that you agree or disagree and 0 for the others.

Example

Statement	Agree	Disagree
Statement 1	2	0
Statement 2	2	0
Statement 3	0	2
Statement 4	0	2
Statement 5	0	2

I'm okay factor

Statement	Agree	Disagree
Statement 1		
Statement 2		
Statement 3		
Statement 4		
Statement 10		

Total Agree "I'm okay factor" " (should be between 0 and 10) : _____

You okay factor

Statement	Agree	Disagree
Statement 5		
Statement 6		
Statement 7		
Statement 8		
Statement 9		

Total Agree "You okay factor" " (should be between 0 and 10) : _____

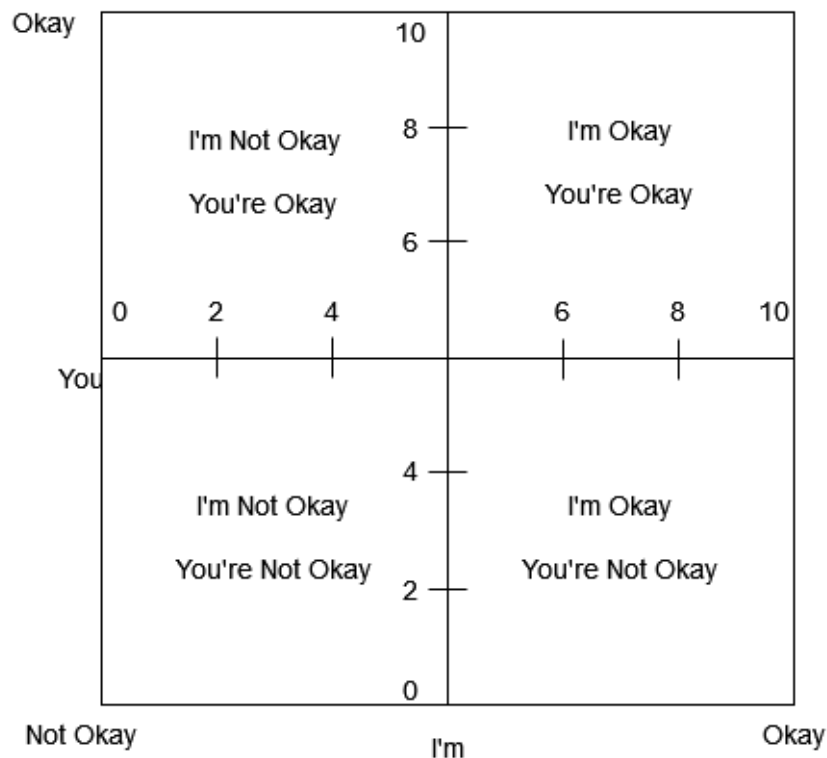
The results show an individual's self-perception and perception of others. It should be noted that this evaluation is limited to ten responses, and therefore the results may be more suggestive than conclusive. It is possible that it can increase your awareness of your interactions with others.

Individuals with an I'm okay score above 6 may experience a positive sense of self. Individuals often hold a positive view of themselves, which may be reflected in statements such as "I'm okay" and "I'm an all-around good person."

When the "I'm okay" total is below 4, it indicates the opposite. It's possible that you don't place a high value on yourself. One may acknowledge the possibility of agreeing with statements such as "I'm not okay," "I'm not good enough," or "There's a lot that's not quite right with me."

The You're okay points also pertain to one's perception of others and follow the same guidelines. Do you tend to initially view others in a positive light until their actions demonstrate otherwise? It can be observed that sometimes individuals must demonstrate their abilities before gaining admiration from others. A total that is positive, particularly over 6, indicates that you are in the "You're okay" category. If the total is less than 4, it indicates that you are in the category of not being okay.

Use the following grid to plot your results and analyse your relationship mindset.



By plotting your position on the two axis lines, you will be able to determine your location on the grid in a specific quadrant. It is important to consider the two factors together in order to gain insight into your overall relationship mindset. We will discuss the different relationship mind-sets in each quadrant and their respective meanings and impacts.

Quadrant 1: I'm Okay, You're Okay

Positive relationships are easier to build for those with this mindset. They believe everyone is good, including themselves. Their behaviour is typically logical and understanding. Their decisions are impacted by emotions, but not controlled by them. They possess self-awareness and tolerance and acknowledge that human behaviour can often be irrational. They analyse the potential positive motives for the behaviour of others. In difficult situations, individuals are offered the benefit of the doubt and efforts are made to work together in a collaborative manner. Individuals who possess an "I'm okay, you're okay" mindset are generally viewed by others as exhibiting openness, directness, and honesty.

Individuals in this quadrant tend to possess a strong sense of self-value and exhibit a tendency to trust others. These qualities may lead to a sense of ease in social situations and a willingness to form close connections with others. The reason for unsuccessful relationships cannot be attributed solely to one's relationship mindset.

Quadrant 2: I'm Okay, You're Not Okay

Individuals with an I'm okay, you're not okay mentality often exhibit behaviour that conveys a sense of superiority. They hold the belief that they possess superior intelligence or abilities compared to those in their vicinity. They perceive that others frequently fall short of expectations, not fulfilling their promises or obligations. Individuals with this perspective tend to criticize and admonish others by highlighting their inadequacies and flaws, often disregarding any mistakes or misjudgements they may have made themselves.

Interacting with individuals who hold an I'm okay, you're not okay mentality can be unpleasant. Their behaviour is characterized by argumentativeness, crudeness, and dismissiveness, often displaying a belief that they possess superior knowledge. This could lead to avoidance by others, causing the individual to feel unsupported and further reinforcing their belief that others are incorrect. Individuals who possess a relationship mind-set may exhibit a strong presence and sense of importance yet may also experience feelings of isolation and vulnerability.

Individuals who score in the I'm okay, you're not okay quadrant may exhibit a high level of self-esteem but may lack trust in others. It is possible that past experiences with unreliable individuals have led to a tendency to maintain emotional distance from others. Having a certain mindset may prevent others from developing strong relationships with you.

Quadrant 3: I'm Not Okay, You're Okay

Individuals with this perspective often have negative self-perceptions. Individuals may perceive a sense of responsibility or diminished self-worth in the event of relationship breakdowns. Individuals may experience a lack of confidence or a sense of not belonging. Individuals are known to seek out evidence of their own flaws, focusing on areas where they feel inferior to others (such as intelligence, fashion, or physical fitness), while disregarding their own strengths and abilities that may surpass those of their peers elsewhere."

Individuals who become trapped in this mindset may feel powerless and subsequently miss out on potential opportunities. These individuals may require a lot of energy from those in their presence. They display characteristics of compliance, low-confidence, and lack of motivation, which can make them appear dependent, vulnerable, and somewhat weak. Although they may appear affable, they tend to express negativity and require constant reassurance and aid. Their behaviour can be described as victim-like.

Individuals located in this quadrant may exhibit tendencies of self-criticism while holding others in high regard. It is possible to feel happier if those around you respond appropriately to your needs. If one maintains the "I'm not okay, you're okay" mentality, they will not progress. Even with support from others, it may not be sufficient.

Quadrant 4: I'm Not Okay, You're Not Okay

The I'm not okay, you're not okay quadrant is not a nice place to be. People with this mind-set have usually been dragged here by others (such as uncaring parents, cruel lovers, or bullying employers). Certain life events or strings of events may have damaged these people's faith in humankind and left them feeling helpless. If you're familiar with the Winnie-the-Pooh characters, think Eeyore.

People with an I'm not okay, you're not okay mind-set expect the worst of themselves and others; they expect to fail and to be let down. This becomes a self-fulfilling prophecy (because they seek out the pitfalls) and a self-reinforcing prophecy (See, I knew they'd let me down).

People in this quadrant are low on confidence and high on negativity, pessimism, and cynicism. Being around them can be a demoralizing experience. If your point totals place you in this quadrant, you don't have high hopes of others and don't feel good about yourself either. As a result, you tend to reject others as a way of protecting yourself from being hurt. In fact, you've probably already stopped reading this book, because you believe it can't possibly help you.

A-Okay

Acting with kindness and generosity towards oneself and others can lead to improved relationships and problem-solving skills. It is important to take responsibility and address issues rather than assigning blame or giving up. It is recommended to spend more time in the I'm okay, you're okay quadrant. It is common for individuals to transition between quadrants due to various life circumstances and interactions with others. Each individual has an anchor quadrant where they tend to spend a significant amount of their time.

Understanding your location and mental state is a significant part of the journey. Identifying the next steps is the subsequent challenge. The following are practical ideas for adopting an "I'm okay, you're okay" mindset.