

How do you “ask” for attention?

Couples are always “asking” each other for attention. These requests occur in everyday circumstances. One of the things that makes you a good partner in a relationship is your ability to pick up on these “asks” when they occur.

As “ask” can be verbal or non-verbal, sexual or non-sexual. In any case, you have to be prepared to respond to them when they come.

Take the quiz below to determine your style of “asking”. Complete each item by indicating how much you agree or disagree with the statement.

1. I sometimes get ignored when I need attention the most.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

2. This person usually doesn't have a clue as to what I am feeling.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

3. I often have difficulty getting a meaningful conversation going with this person.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

4. I get mad when I don't get the attention I need from this person.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

5. I often find myself becoming irritable with this person.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

6. I often feel irritated that this person isn't on my side.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

7. I have trouble getting this person to listen to me.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

8. I find it difficult to get this person to open up to me.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

9. I have trouble getting this person to talk to me.

- strongly disagree
- disagree
- neutral
- agree
- strongly agree

Scoring:

Strongly disagree: 0

Disagree: 1

Neutral: 2

Agree: 3

Strongly agree: 4

Your score for questions 1-3:

Scores below 8 mean that you are direct in your relationship. This is great news for your relationship, because you have the ability to state clearly what you need from this person. If your score is 8 or higher, you may be too reticent in “asking”. The other person in your relationship may feel as if they have to be a mind reader to understand what you need.

Your score for questions 4-6:

Scores below 8 mean that you are not overly forceful in expressing what you need from this person. Your relationship benefits from this quality of yours because it's easier for the other person to hear and understand what you need. If your score is 8 or higher, you may be expressing so much anger in your “asking” that you are turning this person away. Maybe this is because of past frustrations, or maybe it is the way your personality is.

Your score for questions 7-9:

If your score is below 8, this means you have a high level of trust in your relationship. If your score is 8 or higher, this reflects a problem with the level of trust in your relationship. You may need to do more to win this person's trust. Some people accomplish this by concentrating more on responding to the other person's “asks”, rather than trying to get the other person to respond to you.