

HARMONY INDEX

Which of the following are true for you?

He	She	
_____	_____	I'm sleeping better.
_____	_____	I'm able to relax, and allow myself to be nurtured.
_____	_____	I've cut back on, or dropped, the use of a stimulant.
_____	_____	My health has noticeably improved in some way.
_____	_____	I'm thinking more clearly.
_____	_____	I'm in less pain.
_____	_____	I have a sense of being "in the flow."
_____	_____	I'm smiling or laughing more.
_____	_____	I'm less anxious.
_____	_____	I'm more productive and deal with tough problems more effectively.
_____	_____	The kids are behaving better.
_____	_____	I'm bickering less with my partner, in-laws, or bothersome bureaucrats.
_____	_____	I feel more loved.
_____	_____	I'm wasting less time.
_____	_____	I feel like we'll always be friends whatever happens.
_____	_____	Aspects of our relationship have healed.
_____	_____	I'm feeling less broke, exhausted, and/or rushed.
_____	_____	I'm making more progress with a project.
_____	_____	My fear of intimacy has decreased.
_____	_____	My partner is nagging me less.
_____	_____	I feel more supported.
_____	_____	I'm more willing to ask for help when I need it.
_____	_____	I'm more sociable.
_____	_____	I'm more generous.
_____	_____	I have fewer hassles at work, or I'm better able to deal with work stress.
_____	_____	I'm more easygoing.
_____	_____	I've lightened up—depressions are less frequent.
_____	_____	I feel more youthful.
_____	_____	I feel like my intuition has improved.
_____	_____	I have a sense of optimism about the future.