

Exercise 4-2: Attention Preferences

INSTRUCTIONS: Read the situations below and answer the questions regarding attention preferences.

1. You have just finished painting a room and replacing all the furniture.

a. How would you like your spouse to react when seeing the room for the first time?

____ compliments ____ thanks ____ other: _____
____ a kiss or hug ____ smile

b. If your spouse did not come into the room (and therefore has not seen what you did), how would you handle the situation?

c. How would you like your spouse to ask for recognition if the situation were reversed?

2. You have really had a rough day. Your spouse was gone, so you took the kids to the zoo and then out to eat. Nothing went right. Everyone seemed to give you trouble.

a. When your spouse returns that evening, what would you like him or her to do?

b. If the situations were reversed, what would you like your spouse to do?
