

## STROKE INVENTORY

Strokes are the basic unit of social exchange. They occur on a stimulus and response basis. "Hello, how are you?" "Hi, I'm fine, how are you?" is a typical exchange with an equal stimulus and response and a positive intensity level of 1.

Many people find that they operate on mostly the positive doing strokes of "Love and Garbage" - I love you when you take out the garbage. This can get old as a steady diet. Just plain negative being strokes "I hate you" can be terrifying.

Most people did not get enough positive being "I love you" strokes as a child. When they are adults they are NOT used to positive being strokes and are often suspicious of them and don't trust the stroke or the person delivering it ("What do they want?") as though positive being strokes are dangerous, undeserved or at least unearned (as in love and garbage).

Strokes for a job well done are quite different from the conditional stroke of "I will love you if you . . ."

There are many dimensions of strokes, some of which are listed below. This sheet will allow you to do a rough determination of how healthy your stroke balance is.

Scoring scale : 1 is low -- 2 is medium -- 3 is high  
 Circle the number that represents your estimate and add up the total.  
 The totals to the right are just as interesting as the totals at the bottom.

NAME	FREQUENCY	INTENSITY	DOING	BEING	POSITIVE	NEGATIVE	TOTALS
Mother	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
Father	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
Spouse	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
M.E. / S.O.	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
Best Friend	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
Boss	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
<b>TOTALS</b>							



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**