

FIRA-C (v.0.7)

Questionnaire to Explore an Interpersonal Relationship

This questionnaire aims to capture how you experience your relationship with your significant other (e.g., your spouse). You will be presented with 12 questions. Each will ask you to put yourself in a certain situation with your partner.

Please imagine how you might feel in the situation described. Then check the response that your “gut feeling” tells you is the closest match.

You have two dozen options to choose from, which are consistent for all 12 questions. The options on the left reflect a more “positive” experience, while those on the right indicate a more “challenging” one. Both types of responses are equally important: answers toward the right can prove especially helpful for exploring some of the less accessible areas of the relationship you are exploring.

Should you require further guidance, please refer to your therapist, who will be happy to assist you.

Sample question:

“When my **partner** and I discuss **our plans for the next five years**, the **atmosphere** in the room is ...”

Always select the option that feels closest to your experience:

More positive ▶	More challenging ▶
<input type="checkbox"/> a+ Straightforward and direct	<input type="checkbox"/> a- Aggressive and pushy
<input type="checkbox"/> b+ Grounded and comforting	<input type="checkbox"/> b- Burdensome and slow
<input type="checkbox"/> c+ Playful and lighthearted	<input type="checkbox"/> c- Chaotic and jumpy
<input type="checkbox"/> d+ Nurturing and caring	<input type="checkbox"/> d- Emotionally clinging
<input type="checkbox"/> e+ Full of self-expression	<input type="checkbox"/> e- Full of self-involvement
<input type="checkbox"/> f+ Practical and nuanced	<input type="checkbox"/> f- Complicated and tedious
<input type="checkbox"/> g+ Harmonious and accommodating	<input type="checkbox"/> g- Directionless and vague
<input type="checkbox"/> h+ Ready to enter dark areas	<input type="checkbox"/> h- Intrusive and unsettling
<input type="checkbox"/> i+ Letting me grow and discover	<input type="checkbox"/> i- Superficial and sloppy
<input type="checkbox"/> j+ Clear-eyed and realistic	<input type="checkbox"/> j- Demanding and harsh
<input type="checkbox"/> k+ Enabling me to see my future	<input type="checkbox"/> k- Impersonal and detached
<input type="checkbox"/> l+ Allowing me to heal old wounds	<input type="checkbox"/> l- Elusive and dreamy

1. When my partner and I engage in lively exchange, the energy in the room is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

2. When my partner and I discuss important values, the atmosphere is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

3. When we enjoy a moment of playful banter, our rapport is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

4. When we talk about family matters, I feel the conversation is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

5. When we discuss our hobbies or passions, our communication is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

6. When we talk about the day-to-day of our jobs, our exchange is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

7. When we focus on means to improve our relationship, the mood is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

8. When we talk about intimacy or sexuality, those moments are ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

9. When we explore inspirational ideas together, the atmosphere is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

10. When we talk about our long-term goals as a couple, the mood is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

11. When we discuss the ideals we aspire to, those moments are ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

12. When we dive into topics like religion or spirituality, our exchange is ...

- | | |
|---|---|
| <input type="checkbox"/> a+ Straightforward and direct | <input type="checkbox"/> a- Aggressive and pushy |
| <input type="checkbox"/> b+ Grounded and comforting | <input type="checkbox"/> b- Burdensome and slow |
| <input type="checkbox"/> c+ Playful and lighthearted | <input type="checkbox"/> c- Chaotic and jumpy |
| <input type="checkbox"/> d+ Nurturing and caring | <input type="checkbox"/> d- Emotionally clinging |
| <input type="checkbox"/> e+ Full of self-expression | <input type="checkbox"/> e- Full of self-involvement |
| <input type="checkbox"/> f+ Practical and nuanced | <input type="checkbox"/> f- Complicated and tedious |
| <input type="checkbox"/> g+ Harmonious and accommodating | <input type="checkbox"/> g- Directionless and vague |
| <input type="checkbox"/> h+ Ready to enter dark areas | <input type="checkbox"/> h- Intrusive and unsettling |
| <input type="checkbox"/> i+ Letting me grow and discover | <input type="checkbox"/> i- Superficial and sloppy |
| <input type="checkbox"/> j+ Clear-eyed and realistic | <input type="checkbox"/> j- Demanding and harsh |
| <input type="checkbox"/> k+ Enabling me to see my future | <input type="checkbox"/> k- Impersonal and detached |
| <input type="checkbox"/> l+ Allowing me to heal old wounds | <input type="checkbox"/> l- Elusive and dreamy |

Scoring

Choleric

of a+: ____ # of a-: ____

of e+: ____ # of e-: ____

of i+: ____ # of i-: ____

Subtotal (+): ____

Subtotal (-): ____

Total (choleric): ____

Melancholic

of b+: ____ # of b-: ____

of f+: ____ # of f-: ____

of j+: ____ # of j-: ____

Subtotal (+): ____

Subtotal (-): ____

Total (melancholic): ____

Sanguine

of c+: ____ # of c-: ____

of g+: ____ # of g-: ____

of k+: ____ # of k-: ____

Subtotal (+): ____

Subtotal (-): ____

Total (sanguine): ____

Phlegmatic

of d+: ____ # of d-: ____

of h+: ____ # of h-: ____

of l+: ____ # of l-: ____

Subtotal (+): ____

Subtotal (-): ____

Total (phlegmatic): ____

Distribution Matrix

Choleric		Melancholic	
Subtotal +	Subtotal -	Subtotal +	Subtotal -
Total: ____		Total: ____	
Phlegmatic		Sanguine	
Subtotal +	Subtotal -	Subtotal +	Subtotal -
Total: ____		Total: ____	

Instructions: This sheet will let you evaluate your FIRA results and determine the characteristics of the archetypal experiences you have thus far had in your relationship. The distribution of these experiences among the four traditional "temperaments" will give you a rough idea of the overall "feel" of the rapport. If you compare your results to your partner's, you will immediately see the degree to which their overall experience deviates from yours. Note that such differences are to be expected and do not imply that your relationship has issues. Next, you can examine both the apparent similarities and differences between your results more closely. Look at the individual answers and at how they compare to your partner's. The questionnaire's items cover sensitive subject matter. Discussing your results in the presence of your therapist (in addition to your partner) can help to safely dive into the more delicate regions of your relationship. Taking your results to the therapeutic setting is usually highly beneficial for mutual understanding and between you and your partner.