

# Stroking Profile

	How often do you give +strokes to others?	How often do you accept +strokes?	How often do you ask others for the +strokes you want	How often do you refuse to give the +strokes they expect from you?
Almost Always				
Usually				
Frequently				
Often				
Seldom				
Almost Never				
	Giving	Taking	Asking For	Refusing to Give
Almost Never				
Seldom				
Often				
Frequently				
Usually				
Almost Always				
	How often do you give -strokes to others?	How often do you take -strokes?	How often do you ask others indirectly or directly for the -strokes that you want?	How often do you refuse to give -strokes

McKenna.  
(1974), Stroking  
Profile. TAJ  
4(4), 20-24

**Note:**

McKenna's inverse relationship suggests that if someone has a high positive (eg, give a lot of positive strokes), they are likely to have a low negative (eg, give few negative strokes) and vice versa.