

About the Object Relations Inventory (“ORI”)

The ORI is a psychometric test that measures the way individuals relate to others. The individual’s conscious narrative about a loved one provides a window into the individual’s unconscious world *vis a vis* his describing the way he relates to others residing in both his past and present life. Narratives are examined by a team of experts, who then apply scores across several domains. In this study, participants were asked to respond (for five minutes each) to two simple questions, “Please describe yourself,” and “Please describe your partner.” The five minute narratives for self and partner were transcribed, then reviewed and scored by a team of experts.

Generally speaking, low scores on the ORI correspond to narratives that illustrate lack of differentiation between self and other, demonstrating merger and internalized persecution, as well as descriptions of self and other that are more physically based and/or concrete (e.g., “My partner is tall and dresses well and always looks good. I often feel like he’s trying to show me up in front of others and make me feel bad, like I’m not good enough for him”).

High scores on the ORI correspond to participant narratives that are internally focused, integrative of multiple elements of the self and other, including the past and the present, and are usually positive (e.g., “He’s tall and handsome and loves to dress well, which I think is the result of his impoverished childhood when he had nothing but ugly, hand-me-down clothing. For that same reason, he’s very generous, always thinking about others and how they may be needy. When he looks good, I know he feels good about himself and I react by feeling proud of him”).