

GOTTMAN AREAS OF STRENGTHS CHECKLIST

Circle the issues that represent areas in your marriage in which you would like to build or increase strength. If it is already a strength in your marriage, *circle the item number and then skip the item*. If it is not a strength but you think it is very important to build strength in that area, circle a "5." Use the numbers in-between 5 and 1 to indicate the importance of the strength in your view (1 = important but not very important, 5 = very important).

I would like us to be able to say about our marriage:

- | | |
|---|-----------|
| 1. We have very good communication. | 1 2 3 4 5 |
| 2. We have a satisfying sex life. | 1 2 3 4 5 |
| 3. We allow one another a lot of independence. | 1 2 3 4 5 |
| 4. Our home is pretty well organized. | 1 2 3 4 5 |
| 5. We are both very involved in this marriage and are a great team. | 1 2 3 4 5 |
| 6. We both help out with household chores. | 1 2 3 4 5 |
| 7. We both try very hard to be good parents and to have good relationships with our children. | 1 2 3 4 5 |
| 8. We have good relationships with our families. | 1 2 3 4 5 |
| 9. We have similar beliefs, basic values, and goals in life. | 1 2 3 4 5 |
| 10. We have similar ideas about how to have a good time and enjoy life. | 1 2 3 4 5 |
| 11. We are very good friends. | 1 2 3 4 5 |
| 12. My partner gives me no reason for feeling jealous. | 1 2 3 4 5 |
| 13. We are very good at helping each other to reduce stress. | 1 2 3 4 5 |
| 14. I feel respected in this marriage. | 1 2 3 4 5 |
| 15. I feel loved in this marriage. | 1 2 3 4 5 |
| 16. I like what I am like in this relationship. | 1 2 3 4 5 |
| 17. We admire one another. | 1 2 3 4 5 |
| 18. I feel fairly confident that we could handle any problem we might face together. | 1 2 3 4 5 |
| 20. I feel secure in this relationship. | 1 2 3 4 5 |
| 21. We get along well with our in-laws. | 1 2 3 4 5 |
| 22. We share similar views about basic religious or philosophical issues. | 1 2 3 4 5 |
| 23. We agree on issues related to children. | 1 2 3 4 5 |
| 24. We have similar views about money. | 1 2 3 4 5 |
| 25. We manage pretty well with the daily stresses of our lives. | 1 2 3 4 5 |
| 26. We have a lot of fun in life. | 1 2 3 4 5 |
| 27. My partner knows and understands me. | 1 2 3 4 5 |
| 28. I have all the independence I need. | 1 2 3 4 5 |
| 29. I like where we are going in the future. | 1 2 3 4 5 |
| 30. Our lives together have purpose and meaning. | 1 2 3 4 5 |
| 31. We have a sense of adventure in our lives. | 1 2 3 4 5 |

KROKOFF-GOTTMAN ENJOYABLE CONVERSATIONS SCALE

Below is a list of topics many couples enjoy talking about. We would like to get some idea of how enjoyable each topic is to you.

Please indicate how enjoyable each topic is by placing a number from 0 to 100 next to each item. A zero indicates that the topic is not at all enjoyable, and a 100 indicates that it is very enjoyable.

For example:

I enjoy talking to my spouse about . . . How enjoyable?

The children 90

This indicates that you think that talking to your spouse about the children is very enjoyable.

I enjoy talking to my spouse about . . . How enjoyable?

Other people we know

Casual and informal types of things

Political and current events

Things that we have to get done around the house

Things happening in town

Silly and fun types of things

Recreation, dates, dinners, parties

Celebrations, holidays, special events

Some good times we've had in the past

The children (or grandchildren)

Our views on different issues

Our accomplishments

Family pets

Something we've recently done together

Our sleep dreams

Our dreams in life

Our plans for the future

Things we've seen on TV, heard, or read about

Vacations we've taken

Please feel free to write down any other conversations you find enjoyable.

LOVE MAPS

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	RESPONSE
I can name my partner's best friends.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can tell you what stresses my partner is currently facing.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I know the names of some of the people who have been irritating in my partner's current life.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can tell you some of my partner's life dreams.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am very familiar with my partner's religious beliefs and ideas.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can tell you about my partner's basic philosophy of life.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can list the relatives my partner likes the least.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I know my partner's favorite music.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can list my partner's three favorite movies.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse is familiar with my current stresses.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I know the three times that have been most special in my partner's life.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can tell you the most stressful thing that happened to my partner as a child.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can list my partner's major aspirations and hopes in life.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I know my partner's major current worries.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse knows who my friends are.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I know what my partner would want to do if he or she suddenly won the lottery.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can tell you in detail my first impressions of my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Periodically, I update my knowledge of my partner's world.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel that my partner knows me pretty well.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse is familiar with my hopes and aspirations.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

FONDNESS AND ADMIRATION SYSTEM

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	RESPONSE
I can easily list the three things I most admire about my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When we are apart, I often think fondly of my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often find some way to tell my partner "I love you."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often touch or kiss my partner affectionately.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner really respects me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel loved and cared for in this relationship.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel accepted and liked by my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner finds me sexy and attractive.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner turns me on sexually.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
There is fire and passion in this relationship.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Romance is something our relationship definitely still has in it.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am really proud of my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner really enjoys my achievements and accomplishments.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can easily tell you why I married my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
If I had it to do all over again, I would marry the same person.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We rarely go to sleep without some show of love or affection.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I come into a room, my partner is glad to see me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner appreciates the things I do in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse generally likes my personality.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Our sex life is generally satisfying.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

GOTTMAN TURNING TOWARD DURING EVERYDAY EVENTS CHECKLIST

We would like to know how you feel about your spouse's participation during everyday events. During these events your spouse could either be turning away from you emotionally or toward you emotionally. We want you to assess in what areas you want more turning toward you. If an item is not an issue, circle NA.

From the list below, select the most important areas in your life where you would like your spouse to turn toward you more. Turning toward you means that you want greater connection with your spouse, emotionally. If you want more TURNING TOWARD YOU in an area, circle Y for "YES."

1. Reunion at the end of the day and talk about how the day went. Y NA
2. Staying in touch with kin, e.g., calling parents (Mom, Dad, Grandmas) or siblings and in-laws. Y NA
3. Shopping for groceries, making the shopping list. Y NA
4. Cooking dinner, baking. Y NA
5. House cleanups. Y NA
6. Shop together for presents for a friend (e.g., friend's wedding). Y NA
7. Family goes out to breakfast Saturday or Sunday. Y NA
8. Read morning paper together. Y NA
9. Stress reduction conversations (not about the marriage). Y NA
10. Help partner with a self-improvement plan (e.g., a new class, weight loss, exercise, a new career). Y NA
11. Plan a dinner party. Y NA
12. Have a dinner party. Y NA
13. Do laundry. Y NA
14. Fold laundry, put it away. Y NA
15. Call your spouse during the workday. Y NA
16. Think about your spouse during the workday. Y NA
17. Going out on a date with your spouse (no kids). Y NA
18. An overnight with spouse at a romantic place. Y NA
19. Morning breakfast during work week. Y NA
20. Morning bathroom rituals. Y NA
21. Going to a church, mosque, or synagogue together. Y NA
22. Yard work. Y NA
23. Home repair. Y NA
24. Car maintenance and washing. Y NA
25. Shoveling the walk. Y NA
26. Committee work in the community (e.g., volunteering). Y NA
27. Physical workouts together. Y NA

28. Weekend outings (e.g., picnic, drives). Y NA
29. Time with kids—bedtimes, baths, homework. Y NA
30. Time with kids alone (e.g., zoo, museum, out to dinners). Y NA
31. Going to the kids' school (e.g., volunteering, teacher conferences). Y NA
32. Time with kin (parents, in-laws, siblings). Y NA
33. Entertaining visitors from out of town. Y NA
34. Traveling together (plane, bus train, car). Y NA
35. Long drives together. Y NA
36. Rent video and watch it together. Y NA
37. Order dinner in or take out. Y NA
38. Watch TV together. Y NA
39. Double dating with another couple or friends. Y NA
40. Sports events on TV. Y NA
41. Doing a favorite activity together (e.g., bowling, going to the zoo, amusement park, bicycling, hiking, horseback riding, camping, canoeing, sailing, boating, water skiing, swimming). Y NA
42. Build a fire at home. Sit in front of the fire and talk or read. Y NA
43. Listening to music. Y NA
44. Going to a concert. Y NA
45. Going dancing together. Y NA
46. Going to a night club or jazz club. Y NA
47. Going to the theater. Y NA
48. Going out to eat. Y NA
49. Kid's birthday party. Y NA
50. Taking kid to lessons. Y NA
51. Kid's sporting events. Y NA
52. Going to a kid performance (recital, play, etc.). Y NA
53. Paying the bills. Y NA
54. Writing letters or cards. Y NA
55. Buying clothes for self or kids. Y NA
56. Family medical events (taking kids to the doctor, dentist, or emergencies). Y NA
57. Working at home, but still being together in some way. Y NA
58. Going to a community event (e.g., church auction). Y NA
59. Going to a party. Y NA
60. Driving to or from work together. Y NA
61. Major milestone child-oriented events (confirmations, graduations, games, recitals).
Y NA
62. Major milestone non-child-oriented events (e.g., celebrating successes). Y NA

63. Any celebrations. Y NA
64. Shopping: Buying things together that the house needs or you both need. Y NA
65. Having kids' friends over. Y NA
66. Buying toys for kids. Y NA
67. Planning vacations. Y NA
68. Taking vacations. Y NA
69. Making plans, dreaming. Y NA
70. Walking the dog. Y NA
71. Sewing, knitting, crocheting. Y NA
72. Reading out loud together. Y NA
73. Playing a board game or a card game. Y NA
74. Putting on plays or skits together. Y NA
75. Doing errands together on a weekend. Y NA
76. Hobbies: e.g., painting, sculpting, making music. Y NA
77. Talk while drinking (alcohol, coffee or tea). Y NA
78. Going out to your favorite bar or haunt. Y NA
79. Time to just talk without interruptions. Y NA
80. Time when I know I can have my spouse really listen to me. Y NA
81. Visiting friends or family. Y NA
82. Playing together. Y NA
83. Philosophizing together. Y NA
84. Gossiping (talking about other people). Y NA
85. Going to a funeral. Y NA
86. Helping a friend. Y NA
87. Phone calls catching up with people you know. Y NA
88. Visiting a sick friend. Y NA
89. Doing other things to help other people out. Y NA

SHARED MEANINGS QUESTIONNAIRE: HONORING EACH OTHER'S DREAMS

We want you to think about how well you and your partner have been able to create a sense of shared meaning in your lives together. When people get married, they create a new culture, and some marriages also involve the union of two very different cultures. But even if two people are coming from the same regional, cultural, ethnic, and religious background, they will have been raised in two very different families, and their merging involves the creation of a new culture.

YOUR RITUALS	RESPONSE
We see eye-to-eye about the rituals that involve family dinnertimes in our home.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Holiday meals (like Thanksgiving, Christmas, Passover) are very special and happy times for us.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Reunions at the end of each day in our home are generally special times in my day.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We agree about the role of TV in our home.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Bedtimes are generally good times for being close.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
During weekends we do a lot of things together that we enjoy and value.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have the same values about entertaining in our home (having friends over, parties, etc.).	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We both value special celebrations (like birthdays, anniversaries, family reunions).	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I become sick, I feel taken care of and loved by my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I really look forward to and enjoy our vacations and the travel we do together.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
The mornings together are special times for me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When we do errands together, we generally have a good time.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have ways of becoming renewed and refreshed when we are burned out or fatigued.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

YOUR ROLES	RESPONSE
We share many similar values in our roles as husband and wife.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We share many similar values in our roles as mother and father.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have many similar views about what it means to be a good friend to others.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner and I have compatible views about the role of work in one's life.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

YOUR ROLES

RESPONSE

My partner and I have similar philosophies about balancing work and family life.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
My partner supports what I would see as my basic mission in life.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
My partner shares my views on the importance of family and kin (sisters, brothers, moms, dads) in our life together.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)

YOUR GOALS

RESPONSE

We share many of the same goals in our life together.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
If I were to look back on my life in very old age, I think I would see that our paths in life had meshed very well.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
My partner values my accomplishments.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
My partner honors my very personal goals, unrelated to my marriage.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We share many of the same goals for others who are important to us (children, kin, friends, and community).	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have very similar financial goals.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We tend to have compatible financial disaster scenarios (ones we both want to avoid).	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
Our hopes and aspirations, as individuals and together, for our children, for our life in general, and for our old age are quite compatible.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
Our life dreams tend to be similar or compatible.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
Even when different, we have been able to find a way to honor our life dreams.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)

YOUR SYMBOLS

RESPONSE

We see eye-to-eye about what "home" means.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
Our philosophies of what love ought to be are quite compatible.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar values about the importance of "peacefulness" in our lives.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar views about the meaning of "family."	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar views about the role of sex in our lives.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar views about the role of love and affection in our lives.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar values about the meaning of being married.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)
We have similar values about the importance and meaning of money in our lives.	True	<input type="checkbox"/> (1)	False	<input type="checkbox"/> (2)

YOUR SYMBOLS	RESPONSE
We have similar values about the importance of education in our lives.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about the importance of "fun" and "play" in our lives.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about the significance of "adventure."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about "trust."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about personal "freedom."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about "autonomy" and "independence."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about sharing "power" in our marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about being "interdependent," of being a "we."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about the meaning of "having possessions," of "owning things" (like cars, nice clothes, books, music, a house, land).	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar values about the meaning of "nature" and of our relationship to the seasons.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We are both sentimental and tend to reminisce about things in our past.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have similar views about what we want in retirement and old age.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

GOTTMAN LOVE AND RESPECT SCALE

Self-Test:

Is There Enough Love and Respect in Your Marriage?

Answer "yes" or "no" to each of the following statements, depending on whether or not you mostly agree or disagree. Take the test on behalf of your partner also, if necessary.

1. My spouse seeks out my opinions.

YOU: Yes No YOUR PARTNER: Yes No

2. My spouse cares about my feelings.

YOU: Yes No YOUR PARTNER: Yes No

3. I don't feel ignored very often.

YOU: Yes No YOUR PARTNER: Yes No

4. We touch each other a lot.

YOU: Yes No YOUR PARTNER: Yes No

5. We listen to each other.

YOU: Yes No YOUR PARTNER: Yes No

6. We respect each other's ideas.

YOU: Yes No YOUR PARTNER: Yes No

7. We are affectionate toward one another.

YOU: Yes No YOUR PARTNER: Yes No

8. I feel that my partner takes good care of me.

YOU: Yes No YOUR PARTNER: Yes No

9. What I say counts.

YOU: Yes No YOUR PARTNER: Yes No

10. I am important in our decisions.

YOU: Yes No YOUR PARTNER: Yes No

11. There's lots of love in our marriage.

YOU: Yes No YOUR PARTNER: Yes No

12. We are genuinely interested in one another.

YOU: Yes No YOUR PARTNER: Yes No

13. I just love spending time with my partner.

YOU: Yes No YOUR PARTNER: Yes No

14. We are very good friends.

YOU: Yes No YOUR PARTNER: Yes No

15. Even during rough times, we can be empathic.

YOU: Yes No YOUR PARTNER: Yes No

16. My spouse is considerate of my viewpoint.

YOU: Yes No YOUR PARTNER: Yes No

17. My spouse finds me physically attractive.

YOU: Yes No YOUR PARTNER: Yes No

18. My partner expresses warmth toward me.

YOU: Yes No YOUR PARTNER: Yes No

19. I feel included in my partner's life.

YOU: Yes No YOUR PARTNER: Yes No

20. My spouse admires me.

YOU: Yes No YOUR PARTNER: Yes No

Scoring: If the person checked "yes" to fewer than seven items, then it is likely he or she is not feeling adequately loved and respected in the marriage.

ACCEPTING INFLUENCE

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
I find that I am really interested in my spouse's opinion on our basic issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I usually learn a lot from my spouse, even when we disagree.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I want my partner to feel that what he or she says really counts with me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I generally want my spouse to feel influential in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can listen to my partner, but only up to a point.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner has a lot of basic common sense.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I try to communicate respect even during our disagreements.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
If I keep trying to convince my partner, I will eventually win out.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't reject my spouse's opinions out of hand.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is not rational enough to take seriously when we discuss our issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I believe in lots of give-and-take in our discussions.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am very persuasive and usually can win arguments with my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel important in our decisions.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner usually has good ideas.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is basically a great help as a problem-solver.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I try to listen respectfully even when I disagree.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My ideas for solutions are usually much better than my spouse's.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can usually find something to agree with in my partner's position.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is usually too emotional.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am the one who needs to make the major decisions in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

REPAIR ATTEMPTS

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT:	RESPONSE
We are good at taking breaks when we need them.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I apologize, it usually gets accepted by my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can say that I am wrong.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am pretty good at calming myself down.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Even when arguing, we can maintain a sense of humor.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When my partner says we should talk to each other in a different way, it usually makes a lot of sense.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My attempts to repair our discussions when they get negative are usually effective.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We are pretty good listeners even when we have different positions on things.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
If things get heated, we can usually pull out of it and change things.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse is good at soothing me when I get upset.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel confident that we can resolve most issues between us.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I comment on how we could communicate better, my spouse listens to me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Even if things get hard at times, I know we can get past our differences.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We can be affectionate even when we are disagreeing.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Teasing and humor usually work with my spouse for getting over negativity.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We can start all over again and improve our discussions when we need to.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When emotions run hot, expressing how upset I feel makes a real difference.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Even when there are big differences between us, we can discuss these.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner expresses appreciation for nice things I do.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
If I keep trying to communicate, it will eventually work.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

COMPROMISE

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT:	RESPONSE
Our decisions often get made by both of us compromising.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We are usually good at resolving our differences.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can give in when I need to, and often do.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can be stubborn in an argument, and I'm opposed to compromising.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I think that sharing power in a marriage is very important.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is not a very stubborn person.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I believe that one person is usually right and the other wrong on most issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We both believe in meeting each other halfway when we disagree.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am able to yield somewhat even when I feel strongly on an issue.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
The two of us usually arrive at a better decision through give-and-take.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
It's not a good idea to give in too much, in my view.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
In discussing issues, we can usually find our common ground of agreement.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
No one ever gets what they want when there is a compromise.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner can give in, and often does.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I wait until my partner gives in before I do.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I give in first, my partner then gives in too.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Yielding power is very difficult for my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Yielding power is very difficult for me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Give-and-take in making decisions is not a problem in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I will never compromise when I believe I am right.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)