



**Center for Music Psychotherapy  
& Family Therapy**  
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**Permission for Digitally Recording and Videotaping Therapy Sessions**

As a primary tool in couples therapy, in order to augment your therapy work and to provide the best possible care, I use videotape feedback as a part of therapy sessions. This means that I may ask to videotape you during therapy sessions to help you see patterns of behavior between the two of you and to help you process conflicts. By viewing the videotapes in session, it allows us to 'stop action' and process how you might approach a conflict in a more productive way. It also allows you to witness your progress as your relationship becomes more satisfying to both of you.

In addition to in session use, I may wish to use the videotapes to receive consultation from \_\_\_\_\_, my consultant who has advanced received training in couples therapy. This may occur during the time of treatment or thereafter for the purpose of peer review, and education. During this process, your name and identifying information will remain completely confidential. The videotapes will be used for no other purpose without your written permission and they will be erased when they are not longer needed for these purposes. These tapes are my property and will remain solely in my possession under lock and key. Should you wish to review these tapes for any reason, we will arrange a session to do so.

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**Client's Agreement**

I understand and accept the conditions of this statement and give my permission to have my therapy session videotaped or digitally recorded. I understand I may revoke this permission in writing at any time but until I do so it shall remain in full force and effect until the purposes stated above are completed.

Client \_\_\_\_\_ Date \_\_\_\_\_

Client \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_ Date \_\_\_\_\_

Your Name: \_\_\_\_\_ ID# \_\_\_\_\_ Date: \_\_\_\_\_

## Locke-Wallace Marital Adjustment Test

1. Circle the dot on the scale line that best describes the degree of happiness, everything considered, of your present marriage. The middle point "happy" represents the degree of happiness that most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage and, on the other, to those few who experience extreme joy or felicity in marriage.

Very Unhappy

Happy

Perfectly Happy

State the approximate extent of agreement or disagreement between you and your mate on the following items. Please check **each** column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling Family Finances						
3. Matters of Recreation						
4. Demonstrations of Affection						
5. Friends						
6. Sex Relations						
7. Conventionality (right, good, or proper conduct)						
8. Philosophy of Life						
9. Ways of Dealing with In-laws						

**For each of the following items, check one response:**

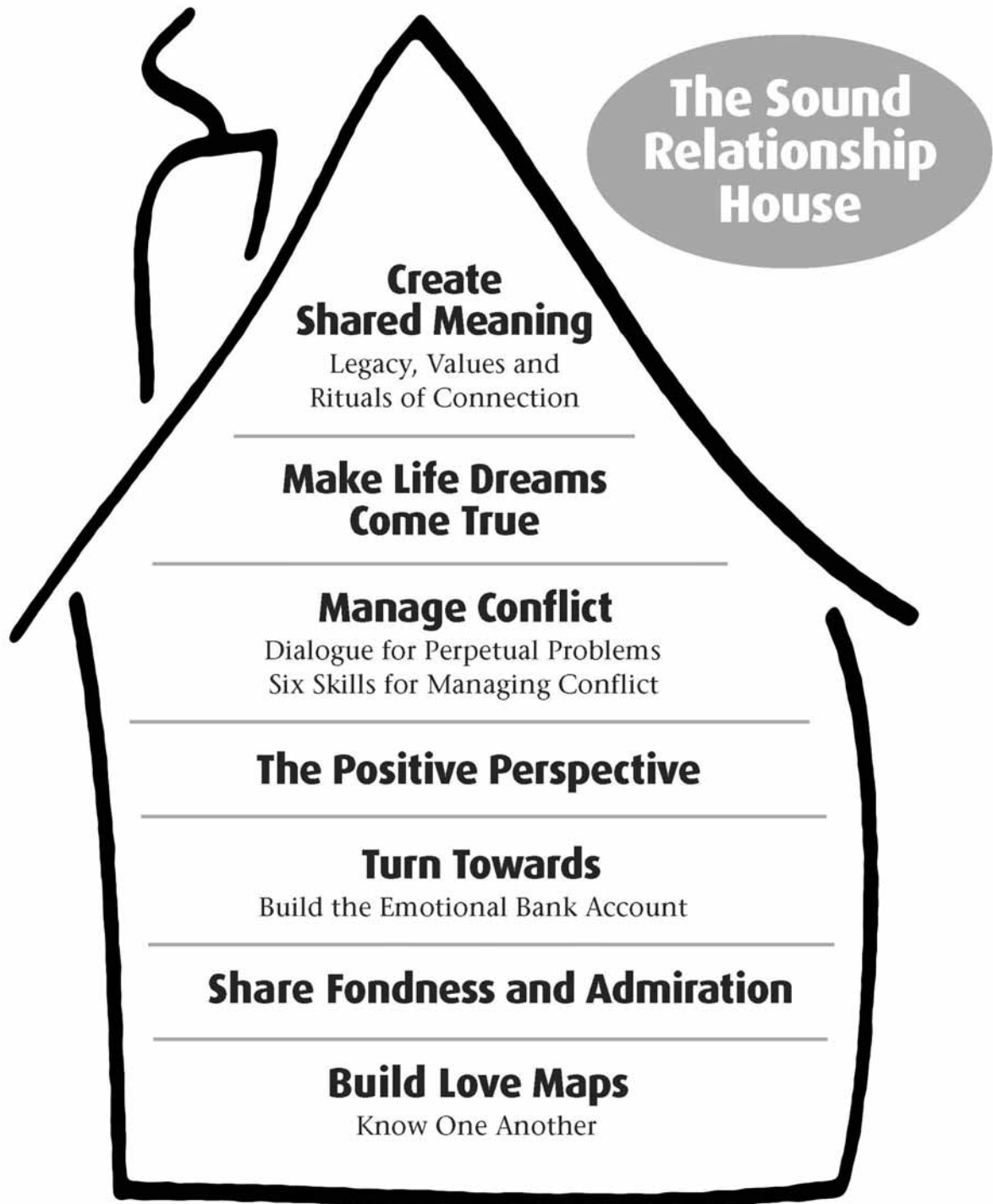
10. When disagreements arise, they usually result in  
 (a) husband giving in \_\_\_ (b) wife giving in \_\_\_ (c) agreement by mutual give and take \_\_\_
11. Do you and your mate engage in outside interests together?  
 (a) all of them \_\_\_ (b) some of them \_\_\_ (c) very few of them \_\_\_ (d) none of them \_\_\_
12. In leisure time, do you generally prefer  
 (a) to be "on the go" \_\_\_ (b) to stay at home \_\_\_
13. Does your mate generally prefer  
 (a) to be "on the go" \_\_\_ (b) to stay at home \_\_\_
13. Do you ever wish you had not married?  
 (a) frequently \_\_\_ (b) occasionally \_\_\_ (c) rarely \_\_\_ (d) never \_\_\_
14. If you had your life to live over again, do you think you would  
 (a) marry the same person \_\_\_ (b) marry a different person \_\_\_ (c) not marry at all \_\_\_
15. Do you ever confide in your mate  
 (a) almost never \_\_\_ (b) rarely \_\_\_ (c) in most things \_\_\_ (d) in everything \_\_\_

Your Name: \_\_\_\_\_ ID# \_\_\_\_\_ Date: \_\_\_\_\_

## Weiss-Cerretto Marital Status Inventory

We would like to get an idea of how your marriage stands right now. Please answer the questions below by circling TRUE or FALSE for each item with regard to how things stand right now. For items that are true, please indicate what year the item began to be true.

- |   |       |      |             |
|---|-------|------|-------------|
| 1. I have made specific plans to discuss separation or divorce with my spouse. I have considered what I would say, etc.                                   | FALSE | TRUE | Year: _____ |
| 2. I have set up an independent bank account in my name in order to protect my own interests.   | FALSE | TRUE | Year: _____ |
| 3. Thoughts of divorce occur to me very frequently, as often as once a week or more.  | FALSE | TRUE | Year: _____ |
| 4. I have suggested to my spouse that I wish to be separated, divorced, or rid of him/her.  | FALSE | TRUE | Year: _____ |
| 5. I have thought specifically about divorce or separation. I have thought about who would get the kids, how things would be divided, pros and cons, etc. | FALSE | TRUE | Year: _____ |
| 6. My spouse and I have separated. This is a [CHECK ONE:]<br><input type="checkbox"/> trial separation, or <input type="checkbox"/> legal separation.     | FALSE | TRUE | Year: _____ |
| 7. I have discussed the question of my divorce or separation with someone other than my spouse (trusted friend, psychologist, minister, etc.).            | FALSE | TRUE | Year: _____ |
| 8. I have occasionally thought of divorce or wished that we were separated, usually after an argument or other incident.                                  | FALSE | TRUE | Year: _____ |
| 9. I have discussed the issue of divorce seriously or at length with my spouse.   | FALSE | TRUE | Year: _____ |
| 10. I have filed for divorce, or we are divorced.   | FALSE | TRUE | Year: _____ |
| 11. I have made inquiries of nonprofessionals about how long it takes to get a divorce, grounds for divorce, costs involved, etc.                         | FALSE | TRUE | Year: _____ |
| 12. I have contacted a lawyer to make preliminary plans for a divorce.  | FALSE | TRUE | Year: _____ |
| 13. I have consulted a lawyer or other legal aid about the matter.  | FALSE | TRUE | Year: _____ |
| 14. I have considered divorce or separation a few times, other than during or after an argument, although only in vague terms.                            | FALSE | TRUE | Year: _____ |



## Love Maps

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. I can name my partner's best friends.	<input type="radio"/>	<input type="radio"/>
2. I can tell you what stresses my partner is currently facing.	<input type="radio"/>	<input type="radio"/>
3. I know the names of some of the people who have been irritating in my partner's current life.	<input type="radio"/>	<input type="radio"/>
4. I can tell you some of my partner's life dreams.	<input type="radio"/>	<input type="radio"/>
5. I am very familiar with my partner's religious beliefs and ideas.	<input type="radio"/>	<input type="radio"/>
6. I can tell you about my partner's basic philosophy of life.	<input type="radio"/>	<input type="radio"/>
7. I can list the relatives my partner likes the least.	<input type="radio"/>	<input type="radio"/>
8. I know my partner's favorite music.	<input type="radio"/>	<input type="radio"/>
9. I can list my partner's three favorite movies.	<input type="radio"/>	<input type="radio"/>
10. My partner is familiar with what are my current stresses.	<input type="radio"/>	<input type="radio"/>
11. I know the three times that have been most special in my partner's life.	<input type="radio"/>	<input type="radio"/>
12. I can tell you the most stressful thing that happened to my partner as a child.	<input type="radio"/>	<input type="radio"/>
13. I can list my partner's major aspirations and hopes in life.	<input type="radio"/>	<input type="radio"/>
14. I know my partner's major current worries.	<input type="radio"/>	<input type="radio"/>
15. My partner knows who my friends are.	<input type="radio"/>	<input type="radio"/>
16. I know what my partner would want to do if he suddenly won the lottery.	<input type="radio"/>	<input type="radio"/>
17. I can tell you, in detail, my first impressions of my partner.	<input type="radio"/>	<input type="radio"/>
18. Periodically, I update my knowledge of my partner's world.	<input type="radio"/>	<input type="radio"/>
19. I feel that my partner knows me pretty well.	<input type="radio"/>	<input type="radio"/>
20. My partner is familiar with my own hopes and aspirations	<input type="radio"/>	<input type="radio"/>

## Fondness and Admiration System

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. I can easily list the three things I most admire about my partner.	<input type="radio"/>	<input type="radio"/>
2. When we are apart, I often think fondly of my partner.	<input type="radio"/>	<input type="radio"/>
3. I will often find some way to tell my partner, "I love you."	<input type="radio"/>	<input type="radio"/>
4. I often touch or kiss my partner affectionately.	<input type="radio"/>	<input type="radio"/>
5. My partner really respects me.	<input type="radio"/>	<input type="radio"/>
6. I feel loved and cared for in this relationship.	<input type="radio"/>	<input type="radio"/>
7. I feel accepted and liked by my partner.	<input type="radio"/>	<input type="radio"/>
8. My partner finds me sexy and attractive.	<input type="radio"/>	<input type="radio"/>
9. My partner turns me on sexually.	<input type="radio"/>	<input type="radio"/>
10. There is fire and passion in this relationship.	<input type="radio"/>	<input type="radio"/>
11. Romance is something our relationship definitely still has in it.	<input type="radio"/>	<input type="radio"/>
12. I am really proud of my partner.	<input type="radio"/>	<input type="radio"/>
13. My partner really enjoys my achievements and accomplishments.	<input type="radio"/>	<input type="radio"/>
14. I can easily tell you why I got into a relationship with my partner.	<input type="radio"/>	<input type="radio"/>
15. If I had it to do all over again, I would partner with the same person.	<input type="radio"/>	<input type="radio"/>
16. We rarely go to sleep without some show of love or affection.	<input type="radio"/>	<input type="radio"/>
17. At the end of a day my partner is glad to see me.	<input type="radio"/>	<input type="radio"/>
18. My partner appreciates the things I do in this relationship.	<input type="radio"/>	<input type="radio"/>
19. My partner generally likes my personality.	<input type="radio"/>	<input type="radio"/>
20. Our sex life is generally satisfying.	<input type="radio"/>	<input type="radio"/>

## Turning Towards or Away

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. We enjoy doing even the smallest things together, like folding laundry or watching TV.	<input type="radio"/>	<input type="radio"/>
2. I look forward to spending my free time with my partner.	<input type="radio"/>	<input type="radio"/>
3. At the end of a day my partner is glad to see me.	<input type="radio"/>	<input type="radio"/>
4. My partner is usually interested in hearing my views on things.	<input type="radio"/>	<input type="radio"/>
5. I really enjoy discussing things with my partner.	<input type="radio"/>	<input type="radio"/>
6. My partner is one of my best friends.	<input type="radio"/>	<input type="radio"/>
7. I think my partner would consider me a very close friend.	<input type="radio"/>	<input type="radio"/>
8. We love just talking to each other.	<input type="radio"/>	<input type="radio"/>
9. When we go out, the time goes very quickly.	<input type="radio"/>	<input type="radio"/>
10. We always have a lot to say to each other.	<input type="radio"/>	<input type="radio"/>
11. We have a lot of fun together in our everyday lives.	<input type="radio"/>	<input type="radio"/>
12. We are spiritually very compatible.	<input type="radio"/>	<input type="radio"/>
13. We tend to share the same basic values in life.	<input type="radio"/>	<input type="radio"/>
14. We like to spend time together in similar ways.	<input type="radio"/>	<input type="radio"/>
15. We really have a lot of interests in common.	<input type="radio"/>	<input type="radio"/>
16. We have many of the same dreams and life goals.	<input type="radio"/>	<input type="radio"/>
17. We like to do a lot of the same things.	<input type="radio"/>	<input type="radio"/>
18. Even though our interests are somewhat different, I enjoy my partner's interests.	<input type="radio"/>	<input type="radio"/>
19. Whatever we do together we usually tend to have a good time.	<input type="radio"/>	<input type="radio"/>
20. My partner tells me when he or she has had a bad day.	<input type="radio"/>	<input type="radio"/>

## Negative Perspective

Fill this form out thinking about your immediate past (last 2 to 4 weeks), or a recent discussion of an existing relationship issue. Read each statement and fill in the appropriate TRUE or FALSE bubble.

### IN THE RECENT PAST IN MY RELATIONSHIP, GENERALLY:

	TRUE	FALSE
I felt hurt.	<input type="radio"/>	<input type="radio"/>
I felt misunderstood.	<input type="radio"/>	<input type="radio"/>
I thought, "I don't have to take this."	<input type="radio"/>	<input type="radio"/>
I felt innocent of blame for this problem.	<input type="radio"/>	<input type="radio"/>
I thought to myself, "Just get up and leave."	<input type="radio"/>	<input type="radio"/>
I was angry.	<input type="radio"/>	<input type="radio"/>
I felt disappointed.	<input type="radio"/>	<input type="radio"/>
I felt unjustly accused.	<input type="radio"/>	<input type="radio"/>
I thought, "My partner has no right to say those things."	<input type="radio"/>	<input type="radio"/>
I was frustrated.	<input type="radio"/>	<input type="radio"/>
I felt personally attacked.	<input type="radio"/>	<input type="radio"/>
I wanted to strike back.	<input type="radio"/>	<input type="radio"/>
I felt like I was warding off a barrage.	<input type="radio"/>	<input type="radio"/>
I felt like getting even.	<input type="radio"/>	<input type="radio"/>
I wanted to protect myself.	<input type="radio"/>	<input type="radio"/>
I took my partner's complaints as slights.	<input type="radio"/>	<input type="radio"/>
I felt like my partner was trying to control me.	<input type="radio"/>	<input type="radio"/>
I thought that my partner was very manipulative.	<input type="radio"/>	<input type="radio"/>
I felt unjustly criticized.	<input type="radio"/>	<input type="radio"/>
I wanted the negativity to just stop.	<input type="radio"/>	<input type="radio"/>

## Startup

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. My partner is often very critical of me.	<input type="radio"/>	<input type="radio"/>
2. I hate the way my partner raises an issue.	<input type="radio"/>	<input type="radio"/>
3. Arguments often seem to come out of nowhere.	<input type="radio"/>	<input type="radio"/>
4. Before I know it, we are in a fight.	<input type="radio"/>	<input type="radio"/>
5. When my partner complains, I feel picked on.	<input type="radio"/>	<input type="radio"/>
6. I seem to always get blamed for issues.	<input type="radio"/>	<input type="radio"/>
7. My partner is negative all out of proportion.	<input type="radio"/>	<input type="radio"/>
8. I feel I have to ward off personal attacks.	<input type="radio"/>	<input type="radio"/>
9. I often have to deny charges leveled against me.	<input type="radio"/>	<input type="radio"/>
10. My partner's feelings are too easily hurt.	<input type="radio"/>	<input type="radio"/>
11. What goes wrong is often not my responsibility.	<input type="radio"/>	<input type="radio"/>
12. My partner criticizes my personality.	<input type="radio"/>	<input type="radio"/>
13. Issues get raised in an insulting manner.	<input type="radio"/>	<input type="radio"/>
14. My partner will at times complain in a smug or superior way.	<input type="radio"/>	<input type="radio"/>
15. I have just about had it with all this negativity between us.	<input type="radio"/>	<input type="radio"/>
16. I feel basically disrespected when my partner complains.	<input type="radio"/>	<input type="radio"/>
17. I just want to leave the scene when complaints arise.	<input type="radio"/>	<input type="radio"/>
18. Our calm is suddenly shattered.	<input type="radio"/>	<input type="radio"/>
19. I find my partner's negativity unnerving and unsettling.	<input type="radio"/>	<input type="radio"/>
20. I think my partner can be totally irrational.	<input type="radio"/>	<input type="radio"/>

## Accepting Influence

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. I find that I am really interested in my partner's opinion on our basic issues.	<input type="radio"/>	<input type="radio"/>
2. I usually learn a lot from my partner even when we disagree.	<input type="radio"/>	<input type="radio"/>
3. I want my partner to feel that what he or she says really counts with me.	<input type="radio"/>	<input type="radio"/>
4. I generally want my partner to feel influential in this relationship.	<input type="radio"/>	<input type="radio"/>
5. I can listen to my partner, but only up to a point.	<input type="radio"/>	<input type="radio"/>
6. My partner has a lot of basic common sense.	<input type="radio"/>	<input type="radio"/>
7. I try to communicate respect even during our disagreements.	<input type="radio"/>	<input type="radio"/>
8. I don't keep trying to convince my partner so that I will eventually win out.	<input type="radio"/>	<input type="radio"/>
9. I don't reject my partner's opinions out of hand.	<input type="radio"/>	<input type="radio"/>
10. My partner is rational enough to take seriously when we discuss our issues.	<input type="radio"/>	<input type="radio"/>
11. I believe in lots of give and take in our discussions.	<input type="radio"/>	<input type="radio"/>
12. I am very persuasive, but don't usually try to win arguments with my partner.	<input type="radio"/>	<input type="radio"/>
13. I feel important in our decisions.	<input type="radio"/>	<input type="radio"/>
14. My partner usually has good ideas.	<input type="radio"/>	<input type="radio"/>
15. My partner is basically a great help as a problem-solver.	<input type="radio"/>	<input type="radio"/>
16. I try to listen respectfully even when I disagree.	<input type="radio"/>	<input type="radio"/>
17. My ideas for solutions are not better than my partner's.	<input type="radio"/>	<input type="radio"/>
18. I can usually find something to agree with in my partner's position.	<input type="radio"/>	<input type="radio"/>
19. My partner is not usually too emotional.	<input type="radio"/>	<input type="radio"/>
20. I am the not one who needs to make the major decisions in this relationship.	<input type="radio"/>	<input type="radio"/>

## Repair Attempts

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:

	TRUE	FALSE
1. We are good at taking breaks when we need them.	<input type="radio"/>	<input type="radio"/>
2. When I apologize, it usually gets accepted by my partner.	<input type="radio"/>	<input type="radio"/>
3. I can say that I am wrong.	<input type="radio"/>	<input type="radio"/>
4. I am pretty good at calming myself down.	<input type="radio"/>	<input type="radio"/>
5. Even when arguing, we can maintain a sense of humor.	<input type="radio"/>	<input type="radio"/>
6. When my partner says we should talk to each other in a different way, it usually makes a lot of sense.	<input type="radio"/>	<input type="radio"/>
7. My attempts to repair our discussions when they get negative are usually effective.	<input type="radio"/>	<input type="radio"/>
8. We are pretty good listeners even when we have different positions on things.	<input type="radio"/>	<input type="radio"/>
9. If things get heated, we can usually pull out of it and change things.	<input type="radio"/>	<input type="radio"/>
10. My partner is good at soothing me when I get upset.	<input type="radio"/>	<input type="radio"/>
11. I feel confident that we can resolve most issues between us.	<input type="radio"/>	<input type="radio"/>
12. When I comment on how we could communicate better, my partner listens to me.	<input type="radio"/>	<input type="radio"/>
13. Even if things get hard at times, I know we can get past our differences.	<input type="radio"/>	<input type="radio"/>
14. We can be affectionate even when we are disagreeing.	<input type="radio"/>	<input type="radio"/>
15. Teasing and humor usually work with my partner for getting over negativity.	<input type="radio"/>	<input type="radio"/>
16. We can start all over again and improve our discussions when we need to.	<input type="radio"/>	<input type="radio"/>
17. When emotions run hot, expressing how upset I feel makes a real difference.	<input type="radio"/>	<input type="radio"/>
18. Even when there are big differences between us, we can discuss these.	<input type="radio"/>	<input type="radio"/>
19. My partner expresses appreciation for nice things I do.	<input type="radio"/>	<input type="radio"/>
20. If I keep trying to communicate, it will eventually work.	<input type="radio"/>	<input type="radio"/>

## Compromise

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:

	TRUE	FALSE
1. Our decisions often get made by both of us compromising.	<input type="radio"/>	<input type="radio"/>
2. We are usually good at resolving our differences.	<input type="radio"/>	<input type="radio"/>
3. I can give in when I need to, and often do.	<input type="radio"/>	<input type="radio"/>
4. I can be stubborn in an argument, but I'm not opposed to compromising.	<input type="radio"/>	<input type="radio"/>
5. I think that sharing power in a relationship is very important.	<input type="radio"/>	<input type="radio"/>
6. My partner is not a very stubborn person.	<input type="radio"/>	<input type="radio"/>
7. I don't believe that one person is usually right and the other wrong on most issues.	<input type="radio"/>	<input type="radio"/>
8. We both believe in meeting each other half way when we disagree.	<input type="radio"/>	<input type="radio"/>
9. I am able to yield somewhat even when I feel strongly on an issue.	<input type="radio"/>	<input type="radio"/>
10. The two of us usually arrive at a better decision through give-and-take.	<input type="radio"/>	<input type="radio"/>
11. It's a good idea to give in somewhat, in my view.	<input type="radio"/>	<input type="radio"/>
12. In discussing issues, we can usually find our common ground of agreement.	<input type="radio"/>	<input type="radio"/>
13. Everyone gets some of what they want when there is a compromise.	<input type="radio"/>	<input type="radio"/>
14. My partner can give in, and often does.	<input type="radio"/>	<input type="radio"/>
15. I don't wait until my partner gives in before I do.	<input type="radio"/>	<input type="radio"/>
16. When I give in first, my partner then gives in, too.	<input type="radio"/>	<input type="radio"/>
17. Yielding power is not very difficult for my partner.	<input type="radio"/>	<input type="radio"/>
18. Yielding power is not very difficult for me.	<input type="radio"/>	<input type="radio"/>
19. Give-and-take in making decisions is not a problem in this relationship.	<input type="radio"/>	<input type="radio"/>
20. I will compromise even when I believe I am right.	<input type="radio"/>	<input type="radio"/>

## Gridlock

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. The same problems keep coming up again and again in our relationship.	<input type="radio"/>	<input type="radio"/>
2. We rarely make much progress on our central issues.	<input type="radio"/>	<input type="radio"/>
3. We keep hurting each other whenever we discuss our core issues.	<input type="radio"/>	<input type="radio"/>
4. I feel criticized and misunderstood when we discuss our hot topics.	<input type="radio"/>	<input type="radio"/>
5. My partner has a long list of basically unreasonable demands.	<input type="radio"/>	<input type="radio"/>
6. When we discuss our basic issues, I often feel that my partner doesn't even like me.	<input type="radio"/>	<input type="radio"/>
7. My partner wants me to change my basic personality.	<input type="radio"/>	<input type="radio"/>
8. I often keep quiet and withdraw to avoid stirring up too much conflict.	<input type="radio"/>	<input type="radio"/>
9. I don't feel respected when we disagree.	<input type="radio"/>	<input type="radio"/>
10. My partner often acts in a selfish manner.	<input type="radio"/>	<input type="radio"/>
11. What I say in our discussions rarely has much effect.	<input type="radio"/>	<input type="radio"/>
12. I feel put down in our discussions of key issues.	<input type="radio"/>	<input type="radio"/>
13. I can't really be myself in this relationship.	<input type="radio"/>	<input type="radio"/>
14. I often think that my partner is manipulating me.	<input type="radio"/>	<input type="radio"/>
15. Sometimes I think that my partner doesn't care about my feelings.	<input type="radio"/>	<input type="radio"/>
16. My partner rarely makes a real effort to change.	<input type="radio"/>	<input type="radio"/>
17. There are some basic faults in my partner's personality that he or she will not change.	<input type="radio"/>	<input type="radio"/>
18. My partner disregards my fundamental needs.	<input type="radio"/>	<input type="radio"/>
19. Sometimes I feel that my values don't matter to my partner.	<input type="radio"/>	<input type="radio"/>
20. When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.	<input type="radio"/>	<input type="radio"/>

## The Four Horsemen

Read each statement and fill in the appropriate TRUE or FALSE bubble.

### WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:

	TRUE	FALSE
1. I feel attacked or criticized when we talk about our disagreements.	<input type="radio"/>	<input type="radio"/>
2. I usually feel like my personality is being assaulted.	<input type="radio"/>	<input type="radio"/>
3. In our disputes, at times, I don't even feel like my partner likes me very much.	<input type="radio"/>	<input type="radio"/>
4. I have to defend myself because the charges against me are so unfair.	<input type="radio"/>	<input type="radio"/>
5. I often feel unappreciated by my partner.	<input type="radio"/>	<input type="radio"/>
6. My feelings and intentions are often misunderstood.	<input type="radio"/>	<input type="radio"/>
7. I don't feel appreciated for all the good I do in this relationship.	<input type="radio"/>	<input type="radio"/>
8. I often just want to leave the scene of the arguments.	<input type="radio"/>	<input type="radio"/>
9. I get disgusted by all the negativity between us.	<input type="radio"/>	<input type="radio"/>
10. I feel insulted by my partner at times.	<input type="radio"/>	<input type="radio"/>
11. I sometimes just clam up and become quiet.	<input type="radio"/>	<input type="radio"/>
12. I can get mean and insulting in our disputes.	<input type="radio"/>	<input type="radio"/>
13. I feel basically disrespected.	<input type="radio"/>	<input type="radio"/>
14. Many of our issues are just not my problem.	<input type="radio"/>	<input type="radio"/>
15. The way we talk makes me want to just withdraw from the whole relationship.	<input type="radio"/>	<input type="radio"/>
16. I think to myself, "Who needs all this conflict?"	<input type="radio"/>	<input type="radio"/>
17. My partner never really changes.	<input type="radio"/>	<input type="radio"/>
18. Our problems have made me feel desperate at times.	<input type="radio"/>	<input type="radio"/>
19. My partner doesn't face issues responsibly and maturely.	<input type="radio"/>	<input type="radio"/>
20. I try to point out flaws in my partner's personality that need improvement.	<input type="radio"/>	<input type="radio"/>

**(The Four Horsemen—continued)****WHEN WE DISCUSS OUR RELATIONSHIP ISSUES:**

	<b>TRUE</b>	<b>FALSE</b>
21. I feel explosive and out of control about our issues at times.	<input type="radio"/>	<input type="radio"/>
22. My partner uses phrases like “You always” or “You never” when complaining.	<input type="radio"/>	<input type="radio"/>
23. I often get the blame for what are really our problems.	<input type="radio"/>	<input type="radio"/>
24. I don’t have a lot of respect for my partner’s position on our basic issues.	<input type="radio"/>	<input type="radio"/>
25. My partner can be quite selfish and self-centered.	<input type="radio"/>	<input type="radio"/>
26. I feel disgusted by some of my partner’s attitudes.	<input type="radio"/>	<input type="radio"/>
27. My partner gets far too emotional.	<input type="radio"/>	<input type="radio"/>
28. I am just not guilty of many of the things I get accused of.	<input type="radio"/>	<input type="radio"/>
29. Small issues often escalate out of proportion.	<input type="radio"/>	<input type="radio"/>
30. Arguments seem to come out of nowhere.	<input type="radio"/>	<input type="radio"/>
31. My partner’s feelings get hurt too easily.	<input type="radio"/>	<input type="radio"/>
32. I often will become silent to cool things down a bit.	<input type="radio"/>	<input type="radio"/>
33. My partner has a lot of trouble being rational and logical.	<input type="radio"/>	<input type="radio"/>

## Flooding

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. Our discussions get too heated.	<input type="radio"/>	<input type="radio"/>
2. I have a hard time calming down.	<input type="radio"/>	<input type="radio"/>
3. One of us is going to say something we will regret.	<input type="radio"/>	<input type="radio"/>
4. My partner gets too upset.	<input type="radio"/>	<input type="radio"/>
5. After a fight, I want to keep my distance.	<input type="radio"/>	<input type="radio"/>
6. My partner yells unnecessarily.	<input type="radio"/>	<input type="radio"/>
7. I feel overwhelmed by our arguments.	<input type="radio"/>	<input type="radio"/>
8. I can't think straight when my partner gets hostile.	<input type="radio"/>	<input type="radio"/>
9. I think to myself, "Why can't we talk more logically?"	<input type="radio"/>	<input type="radio"/>
10. My partner's negativity often comes out of nowhere.	<input type="radio"/>	<input type="radio"/>
11. There's often no stopping my partner's temper.	<input type="radio"/>	<input type="radio"/>
12. I feel like running away during our fights.	<input type="radio"/>	<input type="radio"/>
13. Small issues suddenly become big ones.	<input type="radio"/>	<input type="radio"/>
14. I can't calm down very easily during an argument.	<input type="radio"/>	<input type="radio"/>
15. My partner has a long list of unreasonable demands.	<input type="radio"/>	<input type="radio"/>

## The Quality of Sex, Romance, and Passion in the Relationship

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. Our relationship has lost its romance and passion.	<input type="radio"/>	<input type="radio"/>
2. The fire has gone out in our relationship.	<input type="radio"/>	<input type="radio"/>
3. My partner is rarely or never verbally affectionate.	<input type="radio"/>	<input type="radio"/>
4. We rarely touch each other these days.	<input type="radio"/>	<input type="radio"/>
5. My partner has stopped feeling romantic these days.	<input type="radio"/>	<input type="radio"/>
6. I have stopped feeling romantic these days.	<input type="radio"/>	<input type="radio"/>
7. We rarely cuddle with one another.	<input type="radio"/>	<input type="radio"/>
8. We have few tender or passionate moments.	<input type="radio"/>	<input type="radio"/>
9. We have problems in our sex life.	<input type="radio"/>	<input type="radio"/>
10. The frequency of our having sex is a problem.	<input type="radio"/>	<input type="radio"/>
11. The satisfaction I get from sex is a problem.	<input type="radio"/>	<input type="radio"/>
12. The satisfaction my partner gets from sex is a problem.	<input type="radio"/>	<input type="radio"/>
13. We have trouble talking about our sexual problems.	<input type="radio"/>	<input type="radio"/>
14. The two of us want different things sexually.	<input type="radio"/>	<input type="radio"/>
15. Difference in desire are an issue in our relationship.	<input type="radio"/>	<input type="radio"/>
16. The amount of love in our lovemaking is a problem.	<input type="radio"/>	<input type="radio"/>

## Emotional Disengagement and Loneliness

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. I often find myself disappointed in this relationship.	<input type="radio"/>	<input type="radio"/>
2. I have learned to expect less from my partner.	<input type="radio"/>	<input type="radio"/>
3. I will, at times, find myself quite lonely in this relationship.	<input type="radio"/>	<input type="radio"/>
4. It is hard for my deepest feelings to get much attention in this relationship.	<input type="radio"/>	<input type="radio"/>
5. I often try to avoid saying things I will later regret.	<input type="radio"/>	<input type="radio"/>
6. I feel like I have to be so careful, it is like walking on eggshells.	<input type="radio"/>	<input type="radio"/>
7. Suddenly, once again, I find I have said the wrong thing.	<input type="radio"/>	<input type="radio"/>
8. There is not much intimacy in this relationship right now.	<input type="radio"/>	<input type="radio"/>
9. Our relationship problems are not really solvable.	<input type="radio"/>	<input type="radio"/>
10. Sometimes our relationship feels empty to me.	<input type="radio"/>	<input type="radio"/>
11. This relationship is not quite what I expected, and I feel let down by it.	<input type="radio"/>	<input type="radio"/>
12. We are pretty separate and unconnected emotionally.	<input type="radio"/>	<input type="radio"/>
13. We don't really talk very deeply to each other.	<input type="radio"/>	<input type="radio"/>
14. There is not enough closeness between us.	<input type="radio"/>	<input type="radio"/>
15. I sometimes think I expect too much and should settle for less in my relationship.	<input type="radio"/>	<input type="radio"/>
16. I am coping with a lot of relationship stress, and I'm concerned it will not turn out okay.	<input type="radio"/>	<input type="radio"/>
17. I have adapted to a lot in this relationship, and I am not so sure it's a good idea.	<input type="radio"/>	<input type="radio"/>
18. There's certainly not much romance in this relationship.	<input type="radio"/>	<input type="radio"/>
19. I can't really say that we are very good friends right now.	<input type="radio"/>	<input type="radio"/>
20. I am lonely in this relationship.	<input type="radio"/>	<input type="radio"/>

## Shared Meanings Questionnaire Honoring Each Others' Dreams

Think about how well you and your partner have been able to create a sense of shared meaning in your lives together. When people become partnered, they create a new culture, and some relationships also involve the union of two very different cultures. Even if two people are coming from the same regional, cultural, ethnic, and religious backgrounds, they will have been raised in two very different families, and their merging involves the creation of a new culture.

### YOUR RITUALS

	TRUE	FALSE
1. We see eye-to-eye about the rituals that involve dinner times in our home.	<input type="radio"/>	<input type="radio"/>
2. Holiday meals (such as Thanksgiving, Christmas, Passover) are very special and happy times for us.	<input type="radio"/>	<input type="radio"/>
3. Reunions at the end of each day in our home are generally special times in my day.	<input type="radio"/>	<input type="radio"/>
4. We see eye-to-eye about the role of TV in our home.	<input type="radio"/>	<input type="radio"/>
5. Bedtimes are generally good times for being close.	<input type="radio"/>	<input type="radio"/>
6. During weekends, we do a lot of things together that we enjoy and value.	<input type="radio"/>	<input type="radio"/>
7. We have the same values about entertaining in our home (having friends over, parties, etc.).	<input type="radio"/>	<input type="radio"/>
8. We both value special celebrations (such as birthdays, anniversaries, family reunions).	<input type="radio"/>	<input type="radio"/>
9. When I become sick, I feel taken care of and loved by my partner.	<input type="radio"/>	<input type="radio"/>
10. I really look forward to and enjoy our vacations and the travel we do together.	<input type="radio"/>	<input type="radio"/>
11. The mornings together are special times for me.	<input type="radio"/>	<input type="radio"/>
12. When we do errands together, we generally have a good time.	<input type="radio"/>	<input type="radio"/>
13. We have ways of becoming renewed and refreshed when we are burned out or fatigued.	<input type="radio"/>	<input type="radio"/>
14. We share many similar values in our roles as partners.	<input type="radio"/>	<input type="radio"/>
15. We share many similar values in our roles as parents.	<input type="radio"/>	<input type="radio"/>
16. We have many similar views about what it means to be a good friend to others.	<input type="radio"/>	<input type="radio"/>
17. My partner and I have compatible views about the role of work in one's life.	<input type="radio"/>	<input type="radio"/>
18. My partner and I have similar philosophies about balancing work and family life.	<input type="radio"/>	<input type="radio"/>
19. My partner supports what I would see as my basic mission in life.	<input type="radio"/>	<input type="radio"/>

**YOUR GOALS**

	<b>TRUE</b>	<b>FALSE</b>
20. My partner shares my views on the importance of family and kin (sisters, brothers, moms, dads) in our life together.	<input type="radio"/>	<input type="radio"/>
21. We share many of the same goals in our life together.	<input type="radio"/>	<input type="radio"/>
22. 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.	<input type="radio"/>	<input type="radio"/>
23. My partner values my own accomplishments.	<input type="radio"/>	<input type="radio"/>
24. My partner honors my own very personal goals, unrelated to my relationship.	<input type="radio"/>	<input type="radio"/>
25. We share many of the same goals for others who are important to us (children, kin, friends and community).	<input type="radio"/>	<input type="radio"/>
26. We have very similar financial goals.	<input type="radio"/>	<input type="radio"/>
27. We tend to have compatible financial disaster scenarios (ones we both want to avoid).	<input type="radio"/>	<input type="radio"/>
28. Our hopes and aspirations, as individuals and together, for our children, for our life in general, and for our old age are quite compatible.	<input type="radio"/>	<input type="radio"/>
29. Our life dreams tend to be similar or compatible.	<input type="radio"/>	<input type="radio"/>
30. Even when different, we have been able to find a way to honor our life dreams.	<input type="radio"/>	<input type="radio"/>

**YOUR SYMBOLS**

	TRUE	FALSE
31. We see eye-to-eye about what "home" means.	<input type="radio"/>	<input type="radio"/>
32. Our philosophies of what love ought to be are quite compatible.	<input type="radio"/>	<input type="radio"/>
33. We have similar values about the importance of "peacefulness" in our lives.	<input type="radio"/>	<input type="radio"/>
34. We have similar views about the meaning of "family."	<input type="radio"/>	<input type="radio"/>
35. We have similar views about the role of sex in our lives.	<input type="radio"/>	<input type="radio"/>
36. We have similar views about the role of love and affection in our lives.	<input type="radio"/>	<input type="radio"/>
37. We have similar values about the meaning of being partnered.	<input type="radio"/>	<input type="radio"/>
38. We have similar values about the importance and meaning of money in our lives.	<input type="radio"/>	<input type="radio"/>
39. We have similar values about the importance of education in our lives.	<input type="radio"/>	<input type="radio"/>
40. We have similar values about the importance of "fun" and "play" in our lives.	<input type="radio"/>	<input type="radio"/>
41. We have similar values about the significance of adventure.	<input type="radio"/>	<input type="radio"/>
42. We have similar values about "trust."	<input type="radio"/>	<input type="radio"/>
43. We have similar values about personal "freedom."	<input type="radio"/>	<input type="radio"/>
44. We have similar values about "autonomy" and "independence."	<input type="radio"/>	<input type="radio"/>
45. We have similar values about sharing "power" in our relationship.	<input type="radio"/>	<input type="radio"/>
46. We have similar values about being "interdependent," of being a "we."	<input type="radio"/>	<input type="radio"/>
47. We have similar values about the meaning of "having possessions," of "owning things" (like cars, nice clothes, books, music, a house and land).	<input type="radio"/>	<input type="radio"/>
48. We have similar values about the meaning of "nature," and of our relationship to the seasons.	<input type="radio"/>	<input type="radio"/>
49. We are both sentimental and tend to reminisce about things in our past.	<input type="radio"/>	<input type="radio"/>
50. We have similar views about what we want in retirement and old age.	<input type="radio"/>	<input type="radio"/>

Your Name: \_\_\_\_\_ ID# \_\_\_\_\_ Date: \_\_\_\_\_

## The Gottman 18 Areas Checklist for Solvable and Perpetual Problems

*Instructions.* Please think about how things are RIGHT NOW in each of the following areas of your relationship. Think about each area of your life together, and decide if this area is fine or if it needs improvement. For each of the statements below, check the box that best describes your relationship.

- 1. We are staying emotionally connected , or becoming emotionally distant**
- Check all the specific items below:*
- |  | Not a problem            | Is a problem             |
|--|--------------------------|--------------------------|
| Just simply talking to each other                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Staying emotionally in touch with each other       | <input type="checkbox"/> | <input type="checkbox"/> |
| Feeling taken for granted                          | <input type="checkbox"/> | <input type="checkbox"/> |
| Don't feel my partner knows me very well right now | <input type="checkbox"/> | <input type="checkbox"/> |
| Partner is (or I am) emotionally disengaged        | <input type="checkbox"/> | <input type="checkbox"/> |
| Spending time together                             | <input type="checkbox"/> | <input type="checkbox"/> |

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

- 2. We are handling job and other stresses effectively , or experiencing the “spill-over” of other stresses**
- Check all the specific items below:*
- |   | Not a problem            | Is a problem             |
|---|--------------------------|--------------------------|
| Helping each other reduce daily stresses.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| Talking about these stresses together.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| Talking together about stress in a helpful manner.                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Partner listening with understanding about my stresses and worries. | <input type="checkbox"/> | <input type="checkbox"/> |
| Partner takes job or other stresses out on me.                      | <input type="checkbox"/> | <input type="checkbox"/> |
| Partner takes job or other stresses out on others in our life.      | <input type="checkbox"/> | <input type="checkbox"/> |

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**3. We are handling issues or disagreements well , or gridlocking on one or more issues**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
Differences have arisen between us that feel very basic.	<input type="checkbox"/>	<input type="checkbox"/>
These differences seem unresolvable.	<input type="checkbox"/>	<input type="checkbox"/>
We are living day-to-day with hurts.	<input type="checkbox"/>	<input type="checkbox"/>
Our positions are getting entrenched.	<input type="checkbox"/>	<input type="checkbox"/>
It looks like I will never get what I hope for.	<input type="checkbox"/>	<input type="checkbox"/>
I am very worried that these issues may damage our relationship.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**4. Our relationship is romantic and passionate , or it is becoming passionless; the fire is going out**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
My partner has stopped being verbally affectionate.	<input type="checkbox"/>	<input type="checkbox"/>
My partner expresses love or admiration less frequently.	<input type="checkbox"/>	<input type="checkbox"/>
We rarely touch each other.	<input type="checkbox"/>	<input type="checkbox"/>
My partner (or I) have stopped feeling very romantic.	<input type="checkbox"/>	<input type="checkbox"/>
We rarely cuddle.	<input type="checkbox"/>	<input type="checkbox"/>
We have few tender or passionate moments.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**5. Our sex life is fine , or there are problems in this area**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
The frequency of sex.	<input type="checkbox"/>	<input type="checkbox"/>
The satisfaction I (or my partner) get from sex.	<input type="checkbox"/>	<input type="checkbox"/>
Being able to talk about sexual problems.	<input type="checkbox"/>	<input type="checkbox"/>
The two of us wanting different things sexually.	<input type="checkbox"/>	<input type="checkbox"/>
Problems of desire.	<input type="checkbox"/>	<input type="checkbox"/>
The amount of love in our lovemaking.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

6. **An important event (e.g., changes in job or residence, the loss of a job or loved one, an illness) has occurred in our lives. Yes  No**

**The relationship dealing with this well  or it is not dealing with this well**

*Check all the specific items below:*

**Not a problem    Is a problem**

We have very different points of view on how to handle things.

This event has led my partner to be very distant.

This event has made us both irritable.

This event has led to a lot of fighting.

I'm worried about how this will all turn out.

We are now taking up very different positions.

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

7. **Major issues about children have arisen (this could be about whether to be parents). Yes  No**

**The relationship is dealing with this well , or it is not dealing with this well**

*Check all the specific items below:*

**Not a problem    Is a problem**

We have very different points of view on goals for children.

We have different positions on what to discipline children for.

We have different positions on how to discipline children.

We have issues about how to be close to our children.

We are not talking about these issues very well.

There is a lot of tension or anger about these differences.

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

8. **Major issues/events have arisen about in-laws, a relative, or relatives. Yes  No**

**The relationship is handling this well , or it is not dealing with this well**

*Check all the specific items below:*

**Not a problem    Is a problem**

I feel unaccepted by my partner's family.

I sometimes wonder which family my partner is in.

I feel unaccepted by my own family.

There is tension between us about what might happen.

This issue has generated a lot of irritability.

I am worried about how this is going to turn out.

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

9. **Being attracted to other people or jealousy is not an issue , or my partner is flirtatious or there may be a recent extramarital affair**

Check all the specific items below:

	Not a problem	Is a problem
This area is a source of a lot of hurt.	<input type="checkbox"/>	<input type="checkbox"/>
This is an area that creates insecurity.	<input type="checkbox"/>	<input type="checkbox"/>
I can't deal with the lies.	<input type="checkbox"/>	<input type="checkbox"/>
It is hard to re-establish trust.	<input type="checkbox"/>	<input type="checkbox"/>
There is a feeling of betrayal.	<input type="checkbox"/>	<input type="checkbox"/>
It's hard to know how to heal this.	<input type="checkbox"/>	<input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

10. **When disagreements arise, we resolve issues well , or unpleasant fights have occurred**

Check all the specific items below:

	Not a problem	Is a problem
There are more fights now.	<input type="checkbox"/>	<input type="checkbox"/>
The fights seem to come out of nowhere.	<input type="checkbox"/>	<input type="checkbox"/>
Anger and irritability have crept into our relationship.	<input type="checkbox"/>	<input type="checkbox"/>
We get into muddles where we are hurting each other.	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel very respected lately.	<input type="checkbox"/>	<input type="checkbox"/>
I feel criticized.	<input type="checkbox"/>	<input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

11. **We are in synchrony on basic values and goals , or differences between us in these areas or in desired lifestyle are emerging**

Check all the specific items below:

	Not a problem	Is a problem
Differences have arisen in life goals.	<input type="checkbox"/>	<input type="checkbox"/>
Differences have arisen about important beliefs.	<input type="checkbox"/>	<input type="checkbox"/>
Differences have arisen on leisure time interests.	<input type="checkbox"/>	<input type="checkbox"/>
We seem to be wanting different things out of life.	<input type="checkbox"/>	<input type="checkbox"/>
We are growing in different directions.	<input type="checkbox"/>	<input type="checkbox"/>
I don't much like who I am with my partner.	<input type="checkbox"/>	<input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

12. Very hard events (for example, violence, drugs, an affair) have occurred within the relationship. Yes  No  The relationship is dealing with this well  or it is not dealing with this well

Check all the specific items below:

	Not a problem	Is a problem
There has been physical violence between us.	<input type="checkbox"/>	<input type="checkbox"/>
There is a problem with alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>
This is turning into a relationship I hadn't bargained for.	<input type="checkbox"/>	<input type="checkbox"/>
The "contract" of our couple's relationship is changing.	<input type="checkbox"/>	<input type="checkbox"/>
I find some of what my partner wants upsetting or repulsive.	<input type="checkbox"/>	<input type="checkbox"/>
I am now feeling somewhat disappointed by this relationship.	<input type="checkbox"/>	<input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

13. We work well as a team , or we are not working very well as a team right now

Check all the specific items below:

	Not a problem	Is a problem
We used to share more of the household's workload.	<input type="checkbox"/>	<input type="checkbox"/>
We seem to be pulling in opposite directions.	<input type="checkbox"/>	<input type="checkbox"/>
My partner does not share in housework or family chores.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is not carrying weight financially.	<input type="checkbox"/>	<input type="checkbox"/>
I feel alone in managing our family.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is not being very considerate.	<input type="checkbox"/>	<input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

~ Continued ~

**14. We are coping well with issues of power or influence , or we are having trouble in this area**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
I don't feel influential in decisions we make.	<input type="checkbox"/>	<input type="checkbox"/>
My partner has become more domineering.	<input type="checkbox"/>	<input type="checkbox"/>
I have become more demanding.	<input type="checkbox"/>	<input type="checkbox"/>
My partner has become passive.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is "spacey," not a strong force in our relationship.	<input type="checkbox"/>	<input type="checkbox"/>
I am starting to care a lot more about who is running things.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**15. We are handling issues of finances well , or we are having trouble in this area**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
I or my partner just doesn't bring in enough money.	<input type="checkbox"/>	<input type="checkbox"/>
We have differences about how to spend our money.	<input type="checkbox"/>	<input type="checkbox"/>
We are stressed about finances.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is financially more interested in self than in us.	<input type="checkbox"/>	<input type="checkbox"/>
We are not united in managing our finances.	<input type="checkbox"/>	<input type="checkbox"/>
There is not enough financial planning.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**16. We are doing well having fun together , or we are not having very much fun together**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
We don't seem to have very much time for fun.	<input type="checkbox"/>	<input type="checkbox"/>
We try, but don't seem to enjoy our times together very much.	<input type="checkbox"/>	<input type="checkbox"/>
We are too stressed for fun.	<input type="checkbox"/>	<input type="checkbox"/>
Work takes up all our time these days.	<input type="checkbox"/>	<input type="checkbox"/>
Our interests are so different now that there are no fun things we like to do together.	<input type="checkbox"/>	<input type="checkbox"/>
We plan fun things to do, but they never happen.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**17. We are feeling close in building/being a part of the community together , or we are not feeling close in building/being a part of the community together**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
Being involved with friends and other people or groups	<input type="checkbox"/>	<input type="checkbox"/>
Caring about the institutions that build communities	<input type="checkbox"/>	<input type="checkbox"/>
Putting time into the institutions of community (e.g., school, agencies)	<input type="checkbox"/>	<input type="checkbox"/>
Doing projects or work for charity.	<input type="checkbox"/>	<input type="checkbox"/>
Doing other good deeds for members of the community.	<input type="checkbox"/>	<input type="checkbox"/>
Taking a leadership role in the service of community.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

**18. We are feeling very close in the area of spirituality together , or we are not doing well in that area these days**

*Check all the specific items below:*

	<b>Not a problem</b>	<b>Is a problem</b>
Sharing the same beliefs.	<input type="checkbox"/>	<input type="checkbox"/>
Agreeing about religious ideas and values.	<input type="checkbox"/>	<input type="checkbox"/>
Issues about specific house of worship (mosque, church, synagogue).	<input type="checkbox"/>	<input type="checkbox"/>
Communicating well about spiritual things.	<input type="checkbox"/>	<input type="checkbox"/>
Issues that are about spiritual growth and change.	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual issues involving our family.	<input type="checkbox"/>	<input type="checkbox"/>

*Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.*

Name \_\_\_\_\_ ID# \_\_\_\_\_ Date \_\_\_\_\_

**Waltz-Rushe-Gottman Emotional Abuse Questionnaire (EAQ)**

Place an X under the word that best describes the frequency with which each behavior occurs.

<u>Isolation Sub-scale</u>	Never	Rarely	Occasionally	Very Often
I have to do things to avoid my partner's jealousy.				
My partner tries to control who I spend my time with.				
My partner disapproves of my friends.				
My partner does not believe me when I talk about where I have been.				
My partner complains that I spend too much time with other people.				
My partner accuses me of flirting with other people.				
In social situations, my partner complains that I ignore him.				
My partner is suspicious that I am unfaithful.				
My partner acts like a detective, looking for clues that I've done something wrong.				
My partner checks up on me.				
My partner keeps me from going places I want to go.				
My partner keeps me from doing things I want to do.				
My partner says I act too seductively				
My partner keeps me from spending time at the things I enjoy.				
My partner threatens to take the car keys if I don't do as I am told.				
My partner threatens to take the money if I don't do as I am told.				
My partner threatens to take the checkbook if I don't do as I am told.				
My partner prevents me from leaving the house when I want to.				
My partner disables the phone to prevent my using it.				
My partner disables the car to prevent my using it.				
My partner threatens to pull the phone out of the wall.				
My partner forcibly tries to restrict my movements.				
My partner acts jealous.				
My partner keeps me from spending time with the people I chose.				
Total:    ___<50    ___51-67    ___>68    24	1	2	4	5

<b><u>Sexual Coercion Sub-scale</u></b>	Never	Rarely	Occasionally	Very Often	
My partner makes me engage in sexual practices I consider perverse.					
In bed my partner makes me do things I find repulsive.					
My partner is not sensitive to me during sex.					
My partner pressures me to have sex after an argument.					
My partner intentionally hurts me during sex.					
I feel pressured to have sex when I don't want to.					
Even against my will, violence is a part of our sex life.					
Total: ___<13 ___14-18 ___>19	7	1	2	4	5

<b><u>Degradation Sub-scale</u></b>	Never	Rarely	Occasionally	Very Often	
My partner tries to catch me at inconsistencies to show that I'm lying.					
My partner tries to convince other people that I'm crazy.					
My partner tells other people that there is something wrong with me.					
My partner says things to hurt me out of spite.					
My partner has told me that I am sexually unattractive.					
My partner tells me that I am sexually inadequate.					
My partner insults my religious background or beliefs.					
My partner insults my ethnic background.					
My partner insults my family.					
My partner talks me into doing things that make me feel bad.					
My partner tells me that no one else would ever want me.					
My partner humiliates me in front of others.					
My partner makes me do degrading things.					
My partner questions my sanity.					
My partner tells other people personal information or secrets about me.					
My partner swears at me.					
My partner verbally attacks my personality.					
My partner has insulted me by telling me that I am incompetent.					
My partner ridicules me.					
My partner forces me to do things that are against my values.					
My partner questions whether my love is true.					
My partner compares me unfavorably to other partners.					
My partner intentionally does things to scare me.					
My partner threatens me physically during arguments.					
My partner warns me that if I keep doing something, violence will follow.					
Our arguments escalate out of control.					
I'm worried most when my partner is quiet.					
My partner drives recklessly or too fast when he is angry.					
Total: ___<72 ___73-94 ___>95	28	1	2	4	5

<b><u>Property Damage Sub-scale</u></b>	Never	Rarely	Occasionally	Very Often
My partner threatens to hurt someone I care about.				
My partner intentionally damages things I care about.				
My partner threatens to break things that are valuable to me.				
My partner damages things in our home.				
My partner threatens to destroy my property.				
My partner does cruel things to pets.				
My partner threatens to hurt animals I care about.				
Total:    ___<14    ___15-21    ___>22	7	1	2	4
				5



Your Name: \_\_\_\_\_ ID# \_\_\_\_\_ Date: \_\_\_\_\_

**SCL-90 (continued)**

20.	Crying easily	0	1	2	3	4
21.	Feeling shy or uneasy with the opposite sex	0	1	2	3	4
22.	Feelings of being trapped or caught	0	1	2	3	4
23.	Suddenly scared for no reason	0	1	2	3	4
24.	Temper outbursts you could not control	0	1	2	3	4
25.	Feeling afraid to go out of your house alone	0	1	2	3	4
26.	Blaming yourself for things	0	1	2	3	4
27.	Pains in lower back	0	1	2	3	4
28.	Feeling blocked in getting things done	0	1	2	3	4
29.	Feeling lonely	0	1	2	3	4
30.	Feeling blue	0	1	2	3	4
31.	Worrying too much about things	0	1	2	3	4
32.	Feeling no interest in things	0	1	2	3	4
33.	Feeling fearful	0	1	2	3	4
34.	Your feelings being easily hurt	0	1	2	3	4
35.	Other people being aware of your private thoughts	0	1	2	3	4
36.	Feeling others do not understand you or are unsympathetic	0	1	2	3	4
37.	Feeling that people are unfriendly or dislike you	0	1	2	3	4
38.	Having to do things very slowly to insure correctness	0	1	2	3	4
39.	Heart pounding or racing	0	1	2	3	4
40.	Nausea or upset stomach	0	1	2	3	4
41.	Feeling inferior to others	0	1	2	3	4
42.	Soreness of your muscles	0	1	2	3	4
43.	Feeling that you are watched or talked about by others	0	1	2	3	4
44.	Trouble falling asleep	0	1	2	3	4
45.	Having to check and double-check what you do	0	1	2	3	4
46.	Difficulty making decisions	0	1	2	3	4
47.	Feeling afraid to travel on buses, subways, trains	0	1	2	3	4
48.	Trouble getting your breath	0	1	2	3	4
49.	Hot or cold spells	0	1	2	3	4
50.	Having to avoid certain things, places, or activities because they frighten you	0	1	2	3	4
51.	Your mind going blank	0	1	2	3	4
52.	Numbness or tingling in parts of your body	0	1	2	3	4
53.	A lump in your throat	0	1	2	3	4
54.	Feeling hopeless about the future	0	1	2	3	4
55.	Trouble concentrating	0	1	2	3	4
56.	Feeling weak in parts of your body	0	1	2	3	4
57.	Feeling tense or keyed up	0	1	2	3	4
58.	Heavy feelings in your arms or legs	0	1	2	3	4

Your Name: \_\_\_\_\_ ID# \_\_\_\_\_ Date: \_\_\_\_\_

**SCL-90 (continued)**

59.	Thoughts of death or dying	0	1	2	3	4
60.	Overeating	0	1	2	3	4
61.	Feeling uneasy when people are watching or talking about you	0	1	2	3	4
62.	Having thoughts that are not your own	0	1	2	3	4
63.	Having urges to hurt, injure, or harm someone	0	1	2	3	4
64.	Awakening in the early morning	0	1	2	3	4
65.	Having to repeat the same actions such as touching, counting, washing	0	1	2	3	4
66.	Sleep that is restless or disturbed	0	1	2	3	4
67.	Having urges to break or smash things	0	1	2	3	4
68.	Having ideas or beliefs that others do not share	0	1	2	3	4
69.	Feeling very self-conscious with others	0	1	2	3	4
70.	Feeling uneasy in crowds such as shopping or at a movie	0	1	2	3	4
71.	Feeling everything is an effort	0	1	2	3	4
72.	Spells of terror or panic	0	1	2	3	4
73.	Feeling uncomfortable about eating or drinking in public	0	1	2	3	4
74.	Getting into frequent arguments	0	1	2	3	4
75.	Feeling nervous when you are left alone	0	1	2	3	4
76.	Others not giving you proper credit for your achievements	0	1	2	3	4
77.	Feeling lonely even when you are with people	0	1	2	3	4
78.	Feeling so restless you couldn't sit still	0	1	2	3	4
79.	Feelings of worthlessness	0	1	2	3	4
80.	The feeling that something bad is going to happen to you	0	1	2	3	4
81.	Shouting or throwing things	0	1	2	3	4
82.	Feeling afraid you will faint in public	0	1	2	3	4
83.	Feeling that people will take advantage of you if you let them	0	1	2	3	4
84.	Having thoughts about sex that bother you a lot	0	1	2	3	4
85.	The idea that you should be punished for your sins	0	1	2	3	4
86.	Thoughts or images of a frightening nature	0	1	2	3	4
87.	The idea that something serious is wrong with your body	0	1	2	3	4
88.	Never feeling close to another person	0	1	2	3	4
89.	Feelings of guilt	0	1	2	3	4
90.	The idea that something is wrong with your mind	0	1	2	3	4

Name \_\_\_\_\_ ID \_\_\_\_\_ Date \_\_\_\_\_

## Control & Fear Questionnaires

### Control

In the past 6 months did your partner:

1. Try to control your every move?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Withhold money, make you ask for money, or take your money?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Threaten to kill you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Threaten to hurt your family, friends, or pets?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Refuse to take responsibility for violent behavior, putting the blame on you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Try to isolate you by keeping you away from your family or friends?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Stalk or harass you or someone else at work or elsewhere?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### Fear

People Who Fear Their Partner as a Potential Result of Therapy

1. Are you afraid of your partner?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are you uncomfortable talking in front of your partner?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Do you worry that therapy might lead to violence?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Your Name: \_\_\_\_\_ ID \_\_\_\_\_ Date: \_\_\_\_\_

## Acts of Physical Aggression Questionnaire

In the past 6 months has your partner:

	Yes Without Injury	Yes With Injury	Neither	No	Comments
1. Slapped you?					
2. Hit you?					
3. Kicked you?					
4. Bit you?					
5. Scratched you?					
6. Shoved you?					
7. Tripped you?					
8. Whacked you?					
9. Knocked you down?					
10. Twisted your arm?					
11. Pushed you?					
12. Pulled your hair?					
13. Poked you?					
14. Pinched you?					
15. Strangled you?					
16. Smothered you?					
17. Karate chopped you?					
18. Kneaded you?					
19. Stomped on you?					
20. Slammed you?					
21. Spit on you?					
22. Threw an object at you?					
23. Hit you with an object?					
24. Threatened you with a weapon?					
25. Used a weapon (gun, knife, etc.) against you?					
26. Forced you to have sex?					
27. Raped you?					

## Drug and Alcohol Screening Test

### What we mean by the term "drugs":

- Opiates (for example, morphine, codeine, heroin)
- Depressants (for example, barbiturates)
- Stimulants (for example, cocaine, amphetamines)
- Hallucinogens (for example, LSD, Mescaline)
- Marijuana, Hashish
- Other illegal substances (for example, Psilocybin, DMT, DET, PCE, PCP, TCP)

Please respond to each item for yourself and your partner

<b>1. How often do you have a drink containing alcohol?</b>		
a. Hardly ever or never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Once a Week	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Once a Day	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. More Than Once a Day	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>2. How many drinks containing alcohol do you have on a typical day when you are drinking?</b>		
a. One	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Two to Three	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Four to Six	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. More than Six	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>3. In a typical week how many days do you have at least one alcoholic drink? ( or answer for a typical week in which you do drink)</b>		
a. One	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Two to Three	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Four to Six	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. More than Six	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>4. How often do you have six or more drinks on one occasion?</b>		
a. Never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Once a year	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Two to Six times a year	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. More than Six times a year	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner

<b>5. Do you use drugs other than those required for medical purposes?</b>		
a. Never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Rarely	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Occasionally	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. Frequently	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>6. Have you abused prescription drugs?</b>		
a. Never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Rarely	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Occasionally	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. Frequently	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>7. Do you use more than one drug at a time?</b>		
a. Never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Rarely	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Occasionally	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. Frequently	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
<b>8. Can you get through a week without using drugs?</b>		
a. Never	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
b. Rarely	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
c. Occasionally	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner
d. Frequently	<input type="checkbox"/> You	<input type="checkbox"/> Your Partner

## Suicide Potential Questionnaire

1. Have you ever attempted suicide?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Have you ever planned a suicide attempt?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are you currently thinking about suicide?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
How often? Daily <input type="checkbox"/> Weekly <input type="checkbox"/>		
4. Does the following describe you at the moment?		
"I would like to kill myself"	<input type="checkbox"/> Yes	<input type="checkbox"/> No
"I would kill myself if I had a chance"	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Do you currently have a suicide plan?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Your Name: \_\_\_\_\_ ID \_\_\_\_\_ Date: \_\_\_\_\_

## The Six "Detour" Scales

### FLOODING

*Instructions:* Read each statement and place a check mark in the appropriate True or False box.

STATEMENT	RESPONSE	
Our discussions get too heated.	TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
I have a hard time calming down.	TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
One of us is going to say something we will regret.	TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
I think to myself, "Why can't we talk more logically?"	TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
My partner has a long list of unreasonable demands.	TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>

### CHAOS

*Instructions.* Check Yes or No for each item below.

1. Does your home life together feel chaotic?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Is there any sense of disorder in your life together?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. In this relationship are you unable to function well in your own life?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Do major unplanned events keep happening to the two of you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are the two of you always having to adapt to changing circumstances?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Do you sometimes feel personally out of control of your life?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Do you sometimes feel like a "feather in the wind" in this relationship?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Is it hard for you both able to work regularly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Is it hard for the two of you to maintain a regular and reliable schedule?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Does your financial life seem unstable?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. Do your finances feel out of control?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Do the two of you have trouble eating well (nutritiously)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Have the two of you been unable to have a routine for grocery shopping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14. Have the two of you been unable to have a regular routine for meals?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15. Have the two of you been unable to maintain good health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

**TRUST**

*Instructions:* For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. There were important times when my partner has not been there for me emotionally when I was really in need.					
2. My partner has been or is emotionally involved with someone else, which feels like a betrayal.					
3. My partner has been or is sexually involved with someone else, which feels like a betrayal.					
4. I don't have much trust in any relationship.					
5. Once, when I really needed to turn to my partner for emotional support, I was terribly disappointed and left utterly alone.					
6. Sometimes I don't feel important to my partner.					
7. My partner has forced me to do some things against my principles, or to do things that I find objectionable, repulsive, or disgusting.					
8. My partner lies to me.					
9. There are some wounds my partner has created that can never fully heal between us.					
10. My trust in this relationship has been seriously shattered.					
11. I don't feel that I am my partner's first or even major priority in his or her life.					
12. My partner has cheated me and I feel betrayed by that.					
13. My partner has betrayed me financially.					
14. When going through hard times in our relationship, I don't feel I can count on my partner to be there for me.					
15. Our vows aren't really sacred to my partner.					
16. My partner can be deceitful with me in many ways.					
17. When I get sick I am abandoned by my partner.					
18. I can't really count on my partner.					
19. If I should have financial problems my financial problems are totally my own. I cannot rely on my partner to help me out.					
20. I suspect that my partner has betrayed our relationship contract in the past.					
21. My partner is not really loyal to me.					

## COMMITMENT

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. I feel confident that my partner will stay in this relationship even if we are going through hard times.					
2. When I am feeling bad, my partner is willing to meet my needs.					
3. During a fight, my partner does not threaten to leave me.					
4. I am committed to this relationship.					
5. I consider my relationship rock solid.					
6. I would refuse to have sex with a person other than my partner.					
7. I will sometimes make major sacrifices for my partner even if it goes against what I need.					
8. I make sure that my partner feels loved by me.					
9. When my partner is sick, I think it is very important that I take care of him or her.					
10. When I compromise with my partner, I don't feel controlled and manipulated.					
11. Being a team is sometimes more important to me than my own needs					
12. I feel that my partner's financial security is in part my responsibility.					
13. If my partner were in emotional trouble, I would be there 100%.					
14. After an argument, I am not thinking that I could be happier with someone else.					
15. During a fight, I do not threaten to leave my partner.					
16. I am not waiting for someone better to come along.					
17. We are not usually engaged in a power struggle.					
18. I want to stay with my partner forever.					
19. I would avoid flirting if it made my partner feel insecure.					
20. No matter what's going on, I never fantasize about divorce or separation.					
21. No matter how bad things get I never long for the days when I was single.					
22. I never envy my friends who are single.					

**META-EMOTIONS—(Continued)**

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I try to get over sadness quickly so I can move on to better things.					
I set some definite limits on other people's staying in a negative emotional state.					
I tend get impatient with people's sadness.					
I believe in not paying attention to people if they aren't positive or cheerful.					
People can't be very rational if they are being emotional.					
I really don't want to experience negative emotions.					
It isn't important to dwell on why you are feeling the way you feel.					
When people get sad they are just feeling sorry for themselves.					
I think if you want to you can make yourself feel positively about almost anything.					
I am not sure anything can be done when someone is feeling down.					
I just don't think people should ever show their anger.					
It is unnecessary to look deeply at the causes of one's emotions.					
I just try not to make a big deal out of my own emotions.					
There is very little to be gained by dwelling on why one is feeling a certain way.					
People can definitely not tell what I am feeling.					
Anger is always a very toxic emotion.					
Feelings are private and I try not to express them outwardly.					
There's not much difference between anger and aggression.					
Expressions of affection are usually embarrassing for me.					
I try to avoid people when they are sad.					
Generally, I am fairly neutral and don't experience very much emotion.					
Sadness is a form of weakness.					
Feelings are best kept to one's self.					
Ideally, it is better to stay in control, upbeat, and positive.					
If people are emotional they may lose control.					

**META-EMOTIONS—(Continued)**

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
To get over a negative emotion, just get on with life and don't dwell on things.					
I don't feel comfortable with outward displays of love.					
People ought to know when you love them without your having to say so.					
Dwelling on your fears just is an excuse for not getting things done.					
In general it's better not to express your sad feelings.					
I'm not sure that there's much that can be done to change strong negative feelings.					
Trying to problem solve with an emotional person is a waste of time.					
When my partner is angry it means there is something wrong with our relationship.					
Just the passage of time solves most things.					

**MY FAMILY HISTORY**

*Instructions:* We'd like to ask you some questions about stresses and supports you experienced as a child growing up in your family. Please answer these questions as honestly as you can. For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
The family I grew up in struggled financially.					
I was physically abused by my parent(s).					
My relationships with my siblings were not close.					
I was sexually abused or molested in my family.					
My family home was a place of in stability and in security.					
My family moved too often.					
My parents were not affectionate toward me.					
One or both of my parents were alcoholic.					
My parents were unhappy with one another.					
I never really trusted my parents.					
My parents had no faith in my abilities.					
My parents didn't praise me very much.					
My parents didn't often show me that they loved me.					

**MY FAMILY HISTORY—(Continued)**

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I was lonely as a child.					
My parents didn't protect me from danger very well.					
We didn't travel very much together as a family.					
Growing up I could never talk to my parents about my feelings.					
My home was very chaotic.					
My parents used unnecessarily strict and harsh discipline.					
It was never okay for me to tell my parents what my needs were.					
I was not accepted by my peers.					
My parents would use shame, or belittle me.					
There was no love and affection expressed in my family.					
Ours was not a child-centered home.					
The kids were ignored by my parents.					
There was lots of rivalry between my siblings.					
My home was not open socially to guests and visitors.					
My parent(s) used illicit drugs or alcohol.					
My parents forced me to do a lot of chores.					
There was a lot of conflict in my family.					
My parents gave me very little freedom to explore my interests.					
I experienced cruelty from my family.					
I was physically abused by my parents.					
I witnessed violence between my parents or adults in my family.					
I had no supportive teachers at school.					
I didn't have a sense of belonging in my family.					
I experienced abuse or bullying from peers at school.					
My parents were not understanding and empathic toward my feelings.					
My father was not present, or absent a lot.					
My parents were emotionally volatile.					
I often got blamed when something went wrong at school.					
I had no good friends growing up.					
My parents rarely came to my own special events.					
My parents had bad temper outbursts.					

## MY FAMILY HISTORY—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I didn't get the attention I needed growing up.					
My father was a cold person.					
My parents were neglectful.					
I was not accepted by my peers.					
My parents never really knew me well.					
There was a lot of tension in my home growing up.					
My mother was a cold person.					
I was given few choices as a kid.					
I was physically hungry as a kid.					
I never really got know my father.					
I rarely look forward to family gatherings or visits from relatives.					
We are not a strong or unified family.					
I never took fun vacations with my family.					
My family was not emotionally expressive.					
My parents were strict and authoritarian.					
I dislike my some of brothers or sisters.					
I am competitive with one or more of my siblings.					
My family was not active in the community.					
It was never okay for me to make mistakes.					
I was compared unfavorably to others by my parents.					
My parents were too perfectionist.					
My mother and father were critical of me.					
We did not eat usually eat together as a family.					
We rarely had fun family holidays together.					
My preferences as a kid were usually ignored.					
My birthdays were never well celebrated.					
My siblings were not given preference over me.					
My parents' discipline was inconsistent.					
My parents were financially stingy toward me.					
There was no music in our home.					
There was no laughter in my home growing up.					
I couldn't usually come to my parents and ask for help.					
I rarely had friends over to my house.					
We rarely had fun together as a family.					
We rarely played together as a family.					
If I had a problem as a kid, I usually kept it to myself.					