

Name:

Date:

Rate each of the following statements 0: Not true at all (Never, Seldom) 1: Just a little true (Occasionally)
2: Pretty much true (Often, Quite a bit) 3: Very much true (Very often, Frequently)

(INTERACTIVE BEHAVIOR) Emotional Disengagement

0 1 2 3

I have adapted to a lot in this marriage, and I'm not sure it's a good idea.

Though we don't fight much, I really can't say we are very good friends now.

Gridlock versus dialogue with perpetual issues

We keep hurting each other whenever we discuss our core issues.

I feel put down in our discussions of key issues.

Harsh start-up of conflict discussion

I hate the way my partner raises an issue.

My partner is immediately defensive when I raise an issue.

Failure of male to accept influence from female.

My partner is basically a great help as a problem-solver.

I usually learn a lot from my spouse, even when we disagree.

Failure of repair attempts.

If an argument gets heated, we can usually pull out of it and change things.

Teasing and humor usually work with my spouse for getting over negativity.

More negativity than positivity

When my partner and I spend time together after being apart, my mood becomes a little better.

A car trip with my partner when we talk a lot tends to make me irritable.

Four Horsemen (Criticism)

When we fight, I feel like my personality is being assaulted.

At times I feel personally insulted by my partner.

Defensiveness

My feelings and intentions are often misunderstood.

I don't feel appreciated for all the good that I do in this marriage.

Contempt

My partner goes "over the top" with his/her emotions.

I feel disgusted by some of my spouse's attitudes.

Stonewalling

One of us will often become silent when we fight.

He will sometimes clam up and stop listening.

(PERCEPTION) Negative perception in the subtext

I tend to feel my partner's complaints are really insults.

I tend to "read" our situation as worse than it is.

Failing to see the positivity that is there.

When my partner is in a good mood, I think, "well, this won't last".

My partner is only happy when he's serving his own interests.

Negative attributions about one's partner's personality.

When my partner is in a sour mood, I think, "what else is new?"

My partner will never change.

Recasting the historical narrative of the marriage in negative terms.

I have a story about my partner that should have warned me.

My partner does this thing that I now know means something is really wrong.

Distance and Isolation Cascade

I feel overwhelmed and want to walk away when we fight.

There's not much intimacy in this marriage right now.

I am often lonely in this marriage.

(PHYSIOLOGY) Chronic Diffuse physiological arousal

I feel physically awful after a fight.

I feel wound up, restless and edgy after a fight.

Inability to soothe one's partner

I have little tricks like touching my partner's arm to help up stay calm.

Sometimes I use humor to calm my partner during a fight.

I can't think straight when my partner gets hostile.

I feel like running away during a fight.