

## Gottman 17-Areas Scale

### How are things changing, or not changing, in your marriage?

Name \_\_\_\_\_

Date \_\_\_\_\_

*Instructions.* To be of assistance to you, to responsibly track our workshop participants, and to design future workshops, we would like to know how you think things are, or are not, changing in your relationship. Please take the time to read each area we have outlined of your life together, and tell us if this area is fine or needs improvement. Put an X in the box  that you think applies to your relationship right now. Then, at the end of each area, add comments, and, if things are fine, briefly tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you currently see to improving this area of your relationship. This information is completely confidential.

#### 1. Staying emotionally connected , or becoming emotionally distant

*Check all the specific items below:*

- Just simply talking to each other. Not a problem  A problem
- Staying emotionally in touch with each other. Not a problem  A problem
- Feeling taken for granted? Not a problem  A problem
- Don't feel my spouse knows me very well right now. Not a problem  A problem
- Spouse is (or I am) emotionally disengaged. Not a problem  A problem
- Spending time together. Not a problem  A problem

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

#### 2. Handling job and other stresses effectively , or experiencing the "spill over" of non-marital stresses

*Check all the specific items below:*

- Helping each other reduce daily stresses. Not a problem  A problem
- Talking about these stresses together. Not a problem  A problem
- Talking together about stress in a helpful manner. Not a problem  A problem
- Spouse listening with understanding about my stresses and worries. Not a problem  A problem
- Spouse takes job or other stresses out on me. Not a problem  A problem
- Spouse takes job or other stresses out on the children or others in our life. Not a problem  A problem

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

**3. Handling issues or disagreements well , or gridlocking on one or more issues**

*Check all the specific items below:*

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

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

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

*Check all the specific items below:*

- My spouse has stopped being verbally affectionate. Not a problem  A problem   
 My spouse expresses love or admiration less frequently. Not a problem  A problem   
 We rarely touch each other. Not a problem  A problem   
 My spouse (or I) have stopped feeling very romantic. Not a problem  A problem   
 We rarely cuddle. Not a problem  A problem   
 We have few tender or passionate moments. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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:*

- The frequency of sex. Not a problem  A problem   
 The satisfaction I (or my spouse) get from sex. Not a problem  A problem   
 Being able to talk about sexual problems. Not a problem  A problem   
 The two of us wanting different things sexually. Not a problem  A problem   
 Problems of desire. Not a problem  A problem   
 The amount of love in our lovemaking. Not a problem  A problem

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

**6. An important event (like the birth of a child, job loss, changes in job, or residence, an illness, the death of a loved one) has occurred in our lives . The marriage is either dealing with this well , or it is not ?**

*Check all the specific items below:*

- We have very different points of view on how to handle things. Not a problem  A problem   
 This event has led my partner to be very distant. Not a problem  A problem   
 This event has made us both irritable. Not a problem  A problem   
 This event has led to a lot of fighting. Not a problem  A problem   
 I'm worried about how this will all turn out. Not a problem  A problem   
 We are now taking up very different positions. Not a problem  A problem

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

**7. Major issues about children have arisen (this could be about whether or not to have a child) . The marriage is handling these well , or it is not .**

*Check all the specific items below:*

- We have very different points of view on goals for the children. Not a problem  A problem   
 We have different positions on what to discipline the children for. Not a problem  A problem   
 We have different positions on how to discipline the children. Not a problem  A problem   
 We have issues about how to be close to our children. Not a problem  A problem   
 We are not talking about these issues very well. Not a problem  A problem   
 There is a lot of tension or anger about these differences. Not a problem  A problem

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

**8. Major issues or events have arisen about in-laws, a relative or relatives . The marriage is handling these well , or it is not .**

*Check all the specific items below:*

- I feel unaccepted by my partner's family. Not a problem  A problem   
 I sometimes wonder which family my spouse is in. Not a problem  A problem   
 I feel unaccepted by my own family. Not a problem  A problem   
 There is tension between us about what might happen. Not a problem  A problem   
 This issue has generated a lot of irritability. Not a problem  A problem   
 I am worried about how this is going to turn out. Not a problem  A problem

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

**9. Being attracted to other people or jealousy is not an issue , or spouse is flirtatious or there may be a recent extra-marital affair**

*Check all the specific items below:*

- This area is a source of a lot of hurt. Not a problem  A problem   
 This is an area that creates insecurity. Not a problem  A problem   
 I can't deal with the lies. Not a problem  A problem   
 It is hard to re-establish trust. Not a problem  A problem   
 There is a feeling of betrayal. Not a problem  A problem   
 It's hard to know how to heal this. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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:*

- There are more fights now. Not a problem  A problem   
 The fights seem to come out of nowhere. Not a problem  A problem   
 Anger and irritability has crept in to our marriage. Not a problem  A problem   
 We get into muddles where we are hurting each other. Not a problem  A problem   
 I don't feel very respected lately. Not a problem  A problem   
 I feel criticized. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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 "life style" are emerging**

*Check all the specific items below:*

- Differences have arisen in life goals. Not a problem  A problem   
 Differences have arisen about important beliefs. Not a problem  A problem   
 Differences have arisen on leisure time interests. Not a problem  A problem   
 We seem to be wanting different things out of life. Not a problem  A problem   
 We are growing in different directions. Not a problem  A problem   
 I don't much like who I am with my partner. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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 marriage . We are handling these well , or they seem to be hard for the marriage to deal with right now**

*Check all the specific items below.*

- There has been physical violence between us. Not a problem  A problem   
 There is a problem with alcohol or drugs. Not a problem  A problem   
 This is turning into a marriage I hadn't bargained for. Not a problem  A problem   
 Our marriage "contract" is changing. Not a problem  A problem   
 I find some of what my partner wants upsetting or repulsive. Not a problem  A problem   
 I am now feeling somewhat disappointed by this marriage. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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:*

- We used to share more in the family's workload. Not a problem  A problem   
 We seem to be pulling in opposite directions. Not a problem  A problem   
 Spouse does not share in housework or child care. Not a problem  A problem   
 Spouse is not carrying weight financially. Not a problem  A problem   
 I feel alone managing this family. Not a problem  A problem   
 Spouse is not being very considerate. Not a problem  A problem

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

**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:*

- I don't feel influential in decisions we make. Not a problem  A problem   
 Spouse has become more domineering. Not a problem  A problem   
 I have become more demanding. Not a problem  A problem   
 Spouse has become passive. Not a problem  A problem   
 Spouse is "spacey", not a strong force in the marriage. Not a problem  A problem   
 I am starting to care a lot more about who is running things. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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:*

- I, or spouse, just doesn't bring in enough money. Not a problem  A problem
- We have differences about how to spend our money. Not a problem  A problem
- We are stressed about finances. Not a problem  A problem
- Spouse is financially more interested in self than us. Not a problem  A problem
- We are not united in managing our finances. Not a problem  A problem
- There is not enough financial planning. Not a problem  A problem

*Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us 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 these days**

*Check all the specific items below:*

- We don't seem to have very much time for fun. Not a problem  A problem
- We try but don't seem to enjoy our times together very much. Not a problem  A problem
- We are too stressed for fun. Not a problem  A problem
- Work takes up all our time these days. Not a problem  A problem
- Our interests are so different now that there are no fun things we like to do together. Not a problem  A problem
- We plan fun things to do but they never happen. Not a problem  A problem

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

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

*Check all the specific items below:*

- Sharing the same beliefs. Not a problem  A problem
- Agreeing about religious ideas and values. Not a problem  A problem
- Issues about the specific church, mosque, synagogue, etc. Not a problem  A problem
- Communicating well about spiritual things. Not a problem  A problem
- Issues that about spiritual growth and change. Not a problem  A problem
- Spiritual issues involving family or children. Not a problem  A problem

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

**In case we omitted something, or an important area, please make your comments here. This would also be a place you can give us any feedback you would like about the design of future workshops, or any help you need right now.**

**Yes, please call me to talk. Best numbers and times to reach me are:**

**Please refer me to a good therapist.**

Individual?  Marital?  Massage?  Other?

**Other Comments:**