

TURNING TOWARD OR AWAY

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

Scoring: If 4 or more are false, the area "needs improvement". Otherwise, it is "a strength of the marriage".

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

NEGATIVE PERSPECTIVE

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

Scoring: If 4 or more are true, the area "needs improvement". Otherwise, it is "a strength of the marriage".

IN THE RECENT PAST IN MY MARRIAGE, GENERALLY:	RESPONSE
I felt hurt.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt misunderstood.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I thought, "I don't have to take this."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt innocent of blame for this problem.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I thought to myself, just get up and leave.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I was angry.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt disappointed.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt unjustly accused.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I thought, "My partner has no right to say those things."	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I was frustrated.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt personally attacked.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I wanted to strike back.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt like I was warding off a barrage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt like getting even.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I wanted to protect myself.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I took my partner's complaints as sleights.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt like my partner was trying to control me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I thought that my partner was very manipulative.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I felt unjustly criticized.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I wanted the negativity to just stop.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

STARTUP

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

Scoring: If 4 or more are true, the area "needs improvement". Otherwise, it is "a strength of the marriage".

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
My partner is often very critical of me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I hate the way my partner raises an issue	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Arguments often seem to come out of nowhere.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Before I know it we are in a fight.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When my partner complains I feel picked on.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I seem to always get blamed for issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is negative all out of proportion.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel I have to ward off personal attacks.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often have to deny charges leveled against me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner's feelings are too easily hurt.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
What goes wrong is often not my responsibility.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse criticizes my personality.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Issues get raised in an insulting manner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner will at times complain in a smug or superior way.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I have just about had it with all this negativity between us.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel basically disrespected when my partner complains.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I just want to leave the scene when complaints arise.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Our calm is suddenly shattered.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I find my partner's negativity unnerving and unsettling.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I think my partner can be totally irrational.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

REPAIR ATTEMPTS

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

Scoring: If 4 or more are false, the area "needs improvement". Otherwise, it is "a strength of the marriage".

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:

RESPONSE

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

ACCEPTING INFLUENCE

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

Scoring: If 4 or more are false, the area "needs improvement". Otherwise, it is "a strength of the marriage".

WHEN WE DISCUSS OUR MARITAL ISSUES:

RESPONSE

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

COMPROMISE

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

Scoring: If 4 or more are false, the area "needs improvement". Otherwise, it is "a strength of the marriage".

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:	RESPONSE
Our decisions often get made by both of us compromising.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We are usually good at resolving our differences.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can give in when I need to, and often do.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can be stubborn in an argument but I'm not opposed to compromising.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I think that sharing power in a marriage is very important.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner is not a very stubborn person.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't believe one person is usually right and the other wrong on most issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We both believe in meeting each other half way when we disagree.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am able to yield somewhat even when I feel strongly on an issue.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
The two of us usually arrive at a better decision through give and take.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
It's a good idea to give in somewhat, in my view.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
In discussing issues we can usually find our common ground of agreement.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Everyone gets some of what they want when there is a compromise.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner can give in, and often does.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't wait until my partner gives in before I do.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When I give in first my partner then gives in too.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Yielding power is not very difficult for my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Yielding power is not very difficult for me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Give and take in making decisions is not a problem in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I will compromise even when I believe I am right.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

GRIDLOCK

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

Scoring: If 4 or more are true, the area "needs improvement". Otherwise, it is "a strength of the marriage".

WHEN WE DISCUSS OUR MARITAL ISSUES:

RESPONSE

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
The same problems keep coming up again and again in our marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We rarely make much progress on our central issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We keep hurting each other whenever we discuss our core issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel criticized and misunderstood when we discuss our hot topics.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner has a long list of basically unreasonable demands.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When we discuss our basic issues, I often feel that my partner doesn't even like me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner wants me to change my basic personality.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often keep quiet and withdraw to avoid stirring up too much conflict.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't feel respected when we disagree.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner often acts in a selfish manner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
What I say in our discussions rarely has much effect.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel put down in our discussions of key issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can't really be myself in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often think that my partner is manipulating me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Sometimes I think that my spouse doesn't care about my feelings.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner rarely makes a real effort to change.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
There are some basic faults in my partner's personality that he or she will not change.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner disregards my fundamental needs.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Sometimes I feel that my values don't matter to my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

THE FOUR HORSEMEN

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

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WHEN WE DISCUSS OUR MARITAL ISSUES:

RESPONSE

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE	
I feel attacked or criticized when we talk about our disagreements.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I usually feel like my personality is being assaulted.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
In our disputes, at times, I don't even feel like my partner likes me very much.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I have to defend myself because the charges against me are so unfair.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I often feel unappreciated by my spouse.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
My feelings and intentions are often misunderstood.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I don't feel appreciated for all the good I do in this marriage.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I often just want to leave the scene of the arguments.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I get disgusted by all the negativity between us.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I feel insulted by my partner at times.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I sometimes just clam up and become quiet.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I can get mean and insulting in our disputes.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I feel basically disrespected.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
Many of our issues are just not my problem.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
The way we talk makes me want to just withdraw from the whole marriage.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I think to myself, "Who needs all this conflict?"	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
My partner never really changes.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
Our problems have made me feel desperate at times.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
My partner doesn't face issues responsibly and maturely.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)
I try to point out flaws in my partner's personality that need improvement.	True <input type="checkbox"/> (1)	False <input type="checkbox"/> (2)

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
I feel explosive and out of control about our issues at times.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner uses phrases like "You always" or "You never" when complaining.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often get the blame for what are really <i>our</i> problems.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't have a lot of respect for my partner's position on our basic issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse can be quite selfish and self-centered.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel disgusted by some of my spouse's attitudes.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner gets far too emotional.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am just not guilty of many of the things I get accused of.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Small issues often escalate out of proportion.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Arguments seem to come out of nowhere.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner's feelings get hurt too easily.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often will become silent to cool things down a bit.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner has a lot of trouble being rational and logical.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

FLOODING

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

Scoring: If 4 or more are true, the area "needs improvement". Otherwise, it is "a strength of the marriage".

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

EMOTIONAL DISENGAGEMENT AND LONELINESS

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

Scoring: If 4 or more are true, the area "needs improvement". Otherwise, it is "a strength of the marriage".

STATEMENT	RESPONSE
I often find myself disappointed in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I have learned to expect less from my partner.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I will at times find myself quite lonely in this relationship.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
It is hard for my deepest feelings to get much attention in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often try to avoid saying things I will later regret.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel like I have to be so careful it is like walking on eggshells.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Suddenly once again I find I have said the wrong thing.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
There is not much intimacy in this marriage right now.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Our marital problems are not really solvable.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Sometimes our marriage feels empty to me.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
This marriage is not quite what I expected and I feel let down by it.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We are pretty separate and unconnected emotionally.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We don't really talk very deeply to each other.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
There is not enough closeness between us.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I sometimes think I expect too much and should settle for less in my marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am coping with a lot of marital stress but it will be okay eventually.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I have adapted to a lot in this marriage and I am not so sure it's a good idea.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
There's certainly not much romance in this relationship.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can't really say that we are very good friends right now.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am lonely in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

**SHARED MEANINGS QUESTIONNAIRE
HONORING EACH OTHERS DREAMS**

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

Scoring: If 8 or more are false, the area "needs improvement". Otherwise, it is "a strength of the marriage".

YOUR RITUALS**RESPONSE**

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

YOUR ROLES**RESPONSE**

We share many similar values in our roles as husband and wife.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We share many similar values in our roles as mother and father.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
We have many similar views about what it means to be a good friend to others.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

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

YOUR GOALS

RESPONSE

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

YOUR SYMBOLS

RESPONSE

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

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