

COUPLES ASSESSMENT-Gottman's Patterns of Interaction

Respond to these questions in the columns and put an "x" in for yourself "you" and if your partner engages in the behavior respond under the "they" column.

	PARTNER	
	You	They
Critical Behaviors		
Negative blaming start ups	___	___
Global negative attributions to partner	___	___
Defensiveness		
Responds to partner as innocent victim	___	___
Denial of one's own role in the relationships problem	___	___
Blaming the partner for the relationship problems	___	___
Fails to accept influence from the partner	___	___
Says everything is o.k. when it is not	___	___
Afraid to talk about problems	___	___
Contemptuousness		
Emotionally/psychologically abusive	___	___
Name calling	___	___
Controls partner against partner's will	___	___
Places self on higher moral or intellectual plane	___	___
Mocking behavior	___	___
Makes partner the brunt of jokes that are not humorous to part.	___	___
Exhibits exasperated facial expressions about partner	___	___
Negative comments about partner outweigh positive comments	___	___
Violent behavior against partner	___	___
Stonewalling/avoidant behaviors		
Does not show signs of listening	___	___
Does not look consistently at partner when conversing	___	___
Acts impassively when partner speaks	___	___
Does not speak or respond back during conversations	___	___
Leaves room when partner speaks	___	___
Non Reparative Behaviors		
Does not apologize for inappropriate behavior	___	___
Inappropriately perceives partner to be hostile	___	___
Does not respond to appropriate humor	___	___
Does not soothe the partner	___	___
Absence of positive or healthy humor in the relationship	___	___
Does not share decision making	___	___
Discounts or does not perceive positive statements or	___	___
Attempts to repair by partner	___	___
Emotional Disengagement		
Expresses very little feeling when communicating with partner	___	___
Leads parallel life to partner	___	___
Does not feel that partner is best friend	___	___
Is tense in the presence of the partner	___	___

Gottman 17-Areas Scale

How are things changing, or not changing, in your relationship?

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

Check all the specific items below:

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

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

Check all the specific items below:

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

3. Handling issues or disagreements well, or grid locking on one or more issues

Check all the specific items below:

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

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

Check all the specific items below:

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

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

Check all the specific items below:

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

**6. An important event (ie. birth, death, new job) has occurred in our lives
The marriage is either dealing with this well or is not**

Check all the specific items below:

	Not a problem	A problem
We have 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	_____	_____

**7. Major issues about children have arisen (such as to have or not have children)
The relationship is handling this well, or it is not**

Check all the specific items below:

	Not a problem	A problem
We have very different points of view on goals for the children	_____	_____
We have different positions on <u>what</u> to discipline the children for	_____	_____
We have different positions on <u>how</u> to discipline the 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	_____	_____

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

Check all the specific items below:

	Not a problem	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	_____	_____

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

Check all the specific items below:

	Not a problem	A problem
This area is a source of a lot of hurt	_____	_____
This is an area that creates insecurity	_____	_____
I can't deal with the lies	_____	_____
It is hard to re-establish trust	_____	_____

There is a feeling of betrayal _____
 It's hard to know how to heal this _____

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

Check all the specific items below:

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

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

Check all the specific items below:

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

**12. Very hard events (ei. violence, drugs, affair) have occurred within the relationship
 We are handling these well, or they seem to be hard for the relationship to deal with**

Check all the specific items below:

	Not a problem	A problem
There has been physical violence between us	_____	_____
There is a problem with alcohol or drugs	_____	_____
This is turning into a relationship I hadn't bargained for	_____	_____
Our relationship "contract" is changing	_____	_____
I find some of what my partner wants upsetting or repulsive	_____	_____
I am now feeling somewhat disappointed by this 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	A problem
We used to share more in the family's workload	_____	_____
We seem to be pilling in opposite directions	_____	_____
Partner does not share in housework or child care	_____	_____
Partner is not carrying weight financially	_____	_____
I feel alone managing this family	_____	_____
Partner is not being very considerate	_____	_____

**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:

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

