

## GOTTMAN AREAS OF CHANGE CHECKLIST: SOLVABLE PROBLEMS

Circle a number of any issue that represents an area in your marriage that you think requires some change. If it is a very serious problem, circle a "5," if it is only a small problem circle a "1," and use the numbers in-between 5 and 1 to indicate the severity of the problem in your view (1 = small problem, 5 = major problem).

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. I would like us to talk to each other more.                                    | 1 | 2 | 3 | 4 | 5 |
| 2. I would like our sex life to become more satisfying.                           | 1 | 2 | 3 | 4 | 5 |
| 3. I would like us to have more independence in this marriage.                    | 1 | 2 | 3 | 4 | 5 |
| 4. I would like it if we were more organized.                                     | 1 | 2 | 3 | 4 | 5 |
| 5. I would like it if my spouse spent more time with me.                          | 1 | 2 | 3 | 4 | 5 |
| 6a. Our problems center on doing household chores.                                | 1 | 2 | 3 | 4 | 5 |
| 6b. I do too much of the work.  | 1 | 2 | 3 | 4 | 5 |
| 7. I would like my spouse's relationships with our children to improve.           | 1 | 2 | 3 | 4 | 5 |
| 8. I would like my spouse's relationships with our families to improve.           | 1 | 2 | 3 | 4 | 5 |
| 9. I would like us to go to church, mosque, or synagogue together.                | 1 | 2 | 3 | 4 | 5 |
| 10. I would like us to have more fun together on weekends.                        | 1 | 2 | 3 | 4 | 5 |
| 11. I would like to have fewer problems with my jealousy.                         | 1 | 2 | 3 | 4 | 5 |
| 12. I would like to have fewer problems with my partner's jealousy.               | 1 | 2 | 3 | 4 | 5 |
| 13. I would like my partner to have fewer problems with alcohol and drugs.        | 1 | 2 | 3 | 4 | 5 |
| 14. I would like us to have more friends in common.                               | 1 | 2 | 3 | 4 | 5 |
| 15. I would like to be consulted on important decisions.                          | 1 | 2 | 3 | 4 | 5 |
| 16. I would like my partner to show more physical affection toward me.            | 1 | 2 | 3 | 4 | 5 |
| 17. I want us to go out on more "dates" together.                                 | 1 | 2 | 3 | 4 | 5 |
| 18. I would like my partner to watch less television and talk to me more instead. | 1 | 2 | 3 | 4 | 5 |
| 19. I want us to make love more often.  | 1 | 2 | 3 | 4 | 5 |
| 20. I want more help with the finances.   | 1 | 2 | 3 | 4 | 5 |
| 21. I would want to receive more appreciation for what I do.                      | 1 | 2 | 3 | 4 | 5 |
| 22. There's an extramarital affair that we need help getting over.                | 1 | 2 | 3 | 4 | 5 |
| 23a. I would like for us to have fewer problems with in-laws.                     | 1 | 2 | 3 | 4 | 5 |
| 23b. I would like to get more support from my spouse about in-law problems.       | 1 | 2 | 3 | 4 | 5 |
| 24. I would like us to agree more about saving money.                             | 1 | 2 | 3 | 4 | 5 |
| 25. I would like it if our lives were less chaotic.                               | 1 | 2 | 3 | 4 | 5 |
| 26. I would like it if we had fewer disagreements about spending money.           | 1 | 2 | 3 | 4 | 5 |

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 27. I would like our lives to be less stressful.                | 1 | 2 | 3 | 4 | 5 |
| 28. I would like us to have more fun than we do.                | 1 | 2 | 3 | 4 | 5 |
| 29. We don't have enough of a social life.                      | 1 | 2 | 3 | 4 | 5 |
| 30. I would like us to talk over a major upcoming decision.     | 1 | 2 | 3 | 4 | 5 |
| 31. I don't feel that my partner listens to me when I am upset. | 1 | 2 | 3 | 4 | 5 |
| 32. I don't feel supported in this marriage.                    | 1 | 2 | 3 | 4 | 5 |
| 33. I don't feel that my partner is very affectionate.          | 1 | 2 | 3 | 4 | 5 |
| 34. I would like to have a (or another) child.                  | 1 | 2 | 3 | 4 | 5 |
| 35. We don't take enough vacations.                             | 1 | 2 | 3 | 4 | 5 |
| 36. List your own issue:  | 1 | 2 | 3 | 4 | 5 |

## 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.

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 slights.	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)

## START-UP

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

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 complain at times 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)

## GRIDLOCK

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

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, I feel I am right and my partner is wrong.	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.

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 argument.	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)
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 our 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)

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
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)



## THE DISTANCE AND ISOLATION QUESTIONNAIRES

### A. Self-Test Flooding

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1. At times, when my partner gets angry I feel confused.	Yes	No
2. Our discussions get far too heated.	Yes	No
3. I have a hard time calming down when we discuss disagreements.	Yes	No
4. I'm worried that one of us is going to say something we will regret.	Yes	No
5. My partner gets far more upset than is necessary.	Yes	No
6. After a fight I want to keep away for a while.	Yes	No
7. There's no need to raise one's voice the way my partner does in a discussion.	Yes	No
8. It really is overwhelming when an argument gets going.	Yes	No
9. I can't think straight when my partner gets so negative.	Yes	No
10. I think, "Why can't we talk things out logically?"	Yes	No
11. My partner's negative moods come out of nowhere.	Yes	No
12. When my partner's temper gets going, there is no stopping it.	Yes	No
13. I feel cold and empty after one of our fights.	Yes	No
14. When there is so much negativity, I have difficulty focusing my thoughts.	Yes	No
15. Small issues suddenly become big ones for no apparent reason.	Yes	No
16. I can never seem to soothe myself after one of our fights.	Yes	No
17. Sometimes I think that my partner's moods are just crazy.	Yes	No
18. Things get out of hand quickly in our discussions.	Yes	No
19. My partner's feelings are very easily hurt.	Yes	No
20. When my partner gets negative, stopping it is like trying to stop an oncoming truck.	Yes	No
21. All this negativity drags me down.	Yes	No
22. I feel disorganized by all this negative emotion.	Yes	No
23. I can never tell when a blowup is going to happen.	Yes	No
24. When we have a fight, it takes a very long time before I feel at ease again.	Yes	No

*Scoring:* If a person answered "yes" to more than eight statements, this is a strong sign that that person is prone to feeling flooded during conflict with the spouse.

### B. Self-Test: How Lonely Is Your Marriage?

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1. Marriage is a lot lonelier than I thought it would be.	Yes	No
2. We're not as close as I wish we were.	Yes	No
3. I feel an emptiness in this marriage.	Yes	No



4. I often feel bored when we do things together.	Yes	No
5. I feel very restless and sad even when we're together.	Yes	No
6. Lots of times I don't know what to do with myself.	Yes	No
7. At times I feel bored and restless in this marriage.	Yes	No
8. I long for someone I can be close to.	Yes	No
9. I feel so lonely it hurts.	Yes	No
10. Something is missing from my marriage.	Yes	No
11. I wish people would call me more often.	Yes	No
12. I often wish I had someone to be with.	Yes	No
13. I don't feel that I'm an important part of someone's life.	Yes	No
14. I don't feel that I belong to anyone.	Yes	No
15. I often feel emotionally isolated.	Yes	No
16. I feel abandoned in this marriage.	Yes	No
17. There is no one I can turn to.	Yes	No
18. I often feel left out.	Yes	No
19. No one knows me.	Yes	No
20. No one understands me.	Yes	No
21. There is often no one I can talk to.	Yes	No
22. I often feel a great need for companionship.	Yes	No
23. I have become very withdrawn in this marriage.	Yes	No
24. I feel disconnected.	Yes	No

*Scoring:* If a person has answered "yes" to eight or more of the questions, he/she may have reached the end of the Distance and Isolation Cascade.

### C. Self-Test: Can You Work Things Out?

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1. Talking things over with my partner only seems to make them worse.	Yes	No
2. I'd rather just keep things to myself.	Yes	No
3. I am a very private person about my feelings.	Yes	No
4. When I'm in a bad mood, I'd much rather just go off by myself.	Yes	No
5. I don't see much point in discussing my troubles with my partner.	Yes	No
6. Talking about our problems only gets them more muddled.	Yes	No
7. There are some people you just can't talk to, and my partner's one of those.	Yes	No
8. I'd rather try to work out our marital problems alone.	Yes	No
9. Our conversations about our problems never seem to get anywhere.	Yes	No
10. I don't place a lot of faith in delving into my problems with my spouse.	Yes	No

- |   |     |    |
|---|-----|----|
| 11. I have given up on trying to talk things out.                                 | Yes | No |
| 12. I don't see any potential gain in trying to talk things over with my partner. | Yes | No |

*Scoring:* If the person answered "yes" to four or more of these statements, he/she has given up working things out with the spouse. This attitude almost inevitably leads to the next step in the Distance and Isolation Cascade.

**D. Self-Test: Do You Lead Parallel Lives?**

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- |  |     |    |
|--|-----|----|
| 1. We don't eat together as much as we used to.                                | Yes | No |
| 2. Sometimes it seems we are roommates rather than a married couple.           | Yes | No |
| 3. We have fewer friends in common than we used to.                            | Yes | No |
| 4. We seem to do a lot more things separately.                                 | Yes | No |
| 5. It seems that we have fewer and fewer interests in common.                  | Yes | No |
| 6. Sometimes we can go for quite a while without ever talking about our lives. | Yes | No |
| 7. Our lives are more parallel than connected.                                 | Yes | No |
| 8. We often don't talk about how our separate days went.                       | Yes | No |
| 9. We don't spend very much time together anymore.                             | Yes | No |
| 10. We spend a lot of our free time apart.                                     | Yes | No |
| 11. We don't set aside much time just to talk.                                 | Yes | No |
| 12. I don't think we know each other very well anymore.                        | Yes | No |
| 13. We don't have dinner together very much anymore.                           | Yes | No |
| 14. We rarely go out on dates together.  | Yes | No |
| 15. A lot of good times these days are with people other than each other.      | Yes | No |
| 16. We seem to be avoiding each other.   | Yes | No |
| 17. We are like two passing ships, going our separate ways.                    | Yes | No |

*Scoring:* If the person answered "yes" to five or more of the statements, then he/she and the spouse may well be leading parallel lives. Realizing that the situation has deteriorated to this extreme is the first step toward rediscovering one other.

## EMOTIONAL DISENGAGEMENT AND LONELINESS

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

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 find myself quite lonely in this relationship at times.	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 often lonely in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

## INNOCENT VICTIM AND RIGHTEOUS INDIGNATION SCALE

Fill out this scale while thinking about your last argument with your partner.

During our last discussion:

- |  |   |
|--|---|
| <p>1. I felt hurt.<br/>Yes      No</p> <p>2. I felt misunderstood.<br/>Yes      No</p> <p>3. I thought, "I don't have to take this."<br/>Yes      No</p> <p>4. I felt innocent of blame for this problem.<br/>Yes      No</p> <p>5. I thought to myself, just get up and leave.<br/>Yes      No</p> <p>6. I was scared.<br/>Yes      No</p> <p>7. I was angry.<br/>Yes      No</p> <p>8. I was worried.<br/>Yes      No</p> <p>9. I felt disappointed.<br/>Yes      No</p> <p>10. I wanted my feelings to get some attention here.<br/>Yes      No</p> <p>11. I felt unjustly accused.<br/>Yes      No</p> | <p>12. I thought, "My partner has no right to say those things."<br/>Yes      No</p> <p>13. I felt let down.<br/>Yes      No</p> <p>14. I felt sad.<br/>Yes      No</p> <p>15. I was frustrated.<br/>Yes      No</p> <p>16. I felt personally attacked.<br/>Yes      No</p> <p>17. I wanted to strike back.<br/>Yes      No</p> <p>18. I felt like I was warding off a barrage.<br/>Yes      No</p> <p>19. I felt like getting even.<br/>Yes      No</p> <p>20. I wanted to protect myself.<br/>Yes      No</p> <p>21. I knew I was right.<br/>Yes      No</p> <p>22. I had a pretty low opinion of my partner's personality at the time.<br/>Yes      No</p> |
|--|---|

### Scoring

- Tally the number of "yes" responses to statements 1, 2, 4, 5, 6, 8, 11, 13, 14, 16, 18, and 20. A score of 4 or more suggests you tend to have an innocent-victim reaction during negative times in your marriage.
- Tally your "yes" responses to statements 1, 2, 3, 7, 9, 10, 12, 15, 17, 19, 21, 22. A score of 4 or more suggests you tend to have a righteous-indignation reaction during negative times in your marriage.