

Couple Relationship Assessment Packet

Paul David, Ph.D.

Name _____

Date _____

Instructions: Please complete the attached questionnaires about you and your relationship with your partner. If you are receiving this packet through my email due to conditions related to COVID, please be advised that you should return these completed assessments only on my secure HIPAA-compliant email system.

After I receive your completed assessments, the electronic version of these documents will be destroyed. If you wish to add further security, you can return your completed assessments with a code name in the place of your actual name. You can then provide me the code name over the phone.

Because I am interested in your honest opinions about these matters, please refrain from consulting with your partner about your answers. Also keep in mind that while your specific responses will not be shared with your partner, they will be discussed in summarized terms during conjoint sessions.

In addition, be sure to answer these questions as forthrightly as you can. Remember, these assessments will be useful only to the extent that they genuinely reflect your own views.

Closeness Assessment for Yourself

Name _____

Date _____

Instructions: Check (✓) the statement below that best describes your thoughts and feelings about being close to those people who are important to you. Although none of these statements may be completely accurate, select the one that most accurately reflects your true thoughts and feelings.

___ It is easy for me to become emotionally close to those people who are important in my life. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having them accept me.

___ I want to be emotionally intimate with others who are important to me, but I often find that they are reluctant to get as close as I would like. I am uncomfortable not being close to them, but I sometimes worry that they don't value me as much as I value them.

___ I am uncomfortable getting too close to those people who are important to me. I want to be emotionally close, but I find it difficult to trust them or to depend on them. It is vital for me to feel independent and self-sufficient, and I prefer not to depend on them or have them depend on me.

___ I struggle with being both too emotionally close and too emotionally distant with the people who are important to me. I am not sure whether to rely more on myself or rely more on others, and I can go back and forth between these positions with the people I care about.

Would your partner agree or disagree that the above statement you selected best describes your true experience of being close to the people who are important to you?

Please check (✓) one:

___ Partner would agree

___ Partner would disagree

Closeness Assessment for Your Partner

Name _____

Date _____

Instructions: Check (✓) the statement below that best describes your partner's experience of being close to you and others who are important in his or her life. Although none of these statements may be completely accurate, select the one that most accurately reflects your partner's true experience.

___ It is easy for my partner to become emotionally close to those people who are important in his or her life. My partner is comfortable depending on them and having them depend on him or her. My partner doesn't worry about being alone or being accepted by them.

___ My partner wants to be emotionally intimate with those who are important to him or her, but often finds that they are reluctant to get as close as he or she would like. My partner is uncomfortable not being close to them, but sometimes worries that they don't value him or her as much as he or she values them.

___ My partner is uncomfortable getting too close to those people who are important to him or her. My partner wants to be emotionally close, but finds it difficult to trust them completely, or to depend on them. My partner worries that he or she will be hurt if he or she allows him or herself to become too close to them.

___ My partner is comfortable with not being very close to the people who are important to him or her. It is vital for my partner to feel independent and self-sufficient, and my partner prefers not to depend on them or have others depend on him or her.

Would your partner agree or disagree that the above statement you selected best describes his or her true experience about being close to the people who are important to him or her?

Please check (✓) one:

___ Partner would agree.

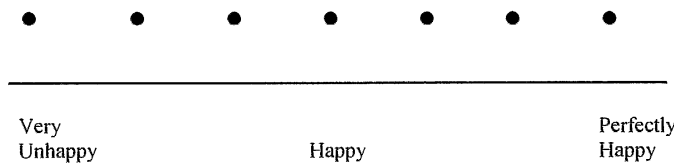
___ Partner would disagree.

MODIFIED LOCKE-WALLACE RELATIONSHIP ADJUSTMENT INVENTORY

Name _____

Date _____

1. Circle the dot on the scale line below which best describes the degree of happiness, everything considered, in your present relationship. The middle point, "happy," represents the degree of happiness which most people have in their relationship, and the scale gradually ranges on one side to those few who are very unhappy in relationship, and on the other, to those few who experience extreme joy or felicity in their relationship.



State the approximate extent of agreement or disagreement between you and your partner on the following items. Circle one response for each item.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling family finances	•	•	•	•	•	•
3. Matters of recreation	•	•	•	•	•	•
4. Demonstrations of affection	•	•	•	•	•	•
5. Friends	•	•	•	•	•	•
6. Sex relations	•	•	•	•	•	•
7. Conventionality (right, good or proper conduct)	•	•	•	•	•	•
8. Philosophy of life	•	•	•	•	•	•
9. Ways of dealing with in-laws	•	•	•	•	•	•

10. When disagreements arise, they usually result in:

a. You giving in b. Your partner giving in c. Agreement by mutual give and take

11. Do you and your partner engage in outside interests together ?

a. All of them b. Some of them c. Very few of them d. None of them

12. In leisure time do YOU generally prefer to be: ___ "on the go" OR ___ stay at home?

Does YOUR PARTNER generally prefer to be: ___ "on the go" OR ___ stay at home?

13. Do you ever wish you had not gotten together with your partner?

a. Frequently b. Occasionally c. Rarely d. Never

14. If you had your life to live over, do you think you would:

a. Commit to the same person b. Commit to a different person c. Not made a commitment

15. Do you confide in your partner?

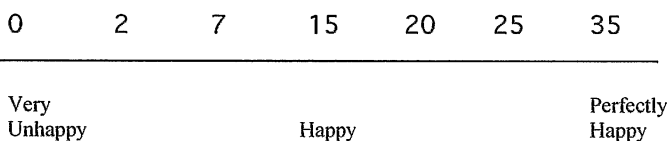
a. Almost never b. Rarely c. In most things d. In everything

SCORING KEY FOR MODIFIED LOCKE-WALLACE

Name _____

Date _____

1. Circle the dot on the scale line below which best describes the degree of happiness, everything considered, in your present relationship.



State the approximate extent of agreement or disagreement between you and your partner on the following items. Circle one response for each item.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling family finances	5	4	3	2	1	0
3. Matters of recreation	5	4	3	2	1	0
4. Demonstrations of affection	5	6	4	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	15	12	9	4	1	0
7. Conventionality (right, good or proper conduct)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with in-laws	5	4	3	2	1	0

Sub-Total (#1-9) _____

10. When disagreements arise, they usually result in:

1. You giving in

1. Your partner giving in

10. Agreement by mutual give and take

11. Do you and your partner engage in outside interests together ?

10. All of them

8. Some of them

3. Very few of them

0. None of them

12. In leisure time do YOU generally prefer to be: ___ "on the go" OR ___ stay at home?

Does YOUR PARTNER generally prefer to be: ___ "on the go" OR ___ stay at home?

(Stay at home for both: 10 points; on the go for both: 3 points; and disagreement: 0 points)

13. Do you ever wish you had not gotten together with your partner?

0. Frequently

3. Occasionally

8. Rarely

15. Never

14. If you had your life to live over, do you think you would:

15. Commit to the same person

0. Commit to a different person

1. Not made a commitment

15. Do you confide in your partner?

0. Almost never

2. Rarely

10. In most things

10. In everything

Sub-Total (#10-15) _____

Total Score _____

Distressed relationships:	$\bar{X} = 72$
Non-distressed (well adjusted):	$\bar{X} = 136$
Average for all persons:	$\bar{X} = 100$

**WEISS-CERRETO MODIFIED
RELATIONSHIP STATUS INVENTORY**

Name _____

Date _____

To help assess your relationship, please answer the questions below by circling TRUE or FALSE for each item with regard to how things stand right now between you and your partner. For items that are true, please indicate what year the item began to be true.

- | | |
|------------------------|---|
| FALSE TRUE Year: _____ | 1. I have made specific plans to discuss separation or divorce with my partner. I have considered what I would say, etc. |
| FALSE TRUE Year: _____ | 2. I have set up an independent bank account in my name in order to protect my own interests. |
| FALSE TRUE Year: _____ | 3. Thoughts of separation or divorce occur to me very frequently, as often as once a week or more. |
| FALSE TRUE Year: _____ | 4. I have suggested to my partner that I wished to be separated, divorced, or rid of him/her. |
| FALSE TRUE Year: _____ | 5. I have thought specifically about divorce or separation. I have thought about who would get the kids, how things would be divided, pros and cons, etc. |
| FALSE TRUE Year: _____ | 6. My partner and I have separated. This is a (circle one) trial separation or legal separation. |
| FALSE TRUE Year: _____ | 7. I have discussed the question of my divorce or separation with someone other than my partner (trusted friend, therapist, minister, etc.). |
| FALSE TRUE Year: _____ | 8. I have occasionally thought of divorce or wished that we were separated, usually after an argument or other incident. |
| FALSE TRUE Year: _____ | 9. I have discussed the issue of separation or divorce seriously and at length with my partner. |
| FALSE TRUE Year: _____ | 10. I have filed for divorce, or we are divorced. |
| FALSE TRUE Year: _____ | 11. I have made inquiries of nonprofessionals as to how long it takes to get a divorce, grounds for divorce, costs involved, etc. |
| FALSE TRUE Year: _____ | 12. I have contacted a lawyer to make preliminary plans for a divorce. |
| FALSE TRUE Year: _____ | 13. I have consulted with a lawyer or other legal aid about the matter. |
| FALSE TRUE Year: _____ | 14. I have considered divorce or separation a few times, other than during or after an argument, although only in vague terms. |

Note: A total score of 4 or more indicates serious marital deterioration.

Assessment of Personality

Name _____

Date _____

Instructions: Rate yourself and your partner on the extent to which each possess a particular character trait. Each of the five character traits are listed below on a continuum, with the contrasting characteristics of each trait at opposite ends of the continuum. Place the initial of your first name at a point along each continuum that best reflects the extent to which you manifest a particular character trait. Then rate your partner on these same traits with the initial of his or her first name.

To the extent you or your partner comprise a relatively even mix of both of these contrasting characteristics, place your first initials toward the middle of the continuums. However, if you or your partner gravitate toward one or the other of these contrasting characteristics, then place your first initials to either end of the continuum according to the extent to which that trait is manifested. Because personality traits are so varied, it is likely that your ratings will differ for each trait and individual. Your ratings should be based on your honest judgment about how you and your partner typically feel, think, and behave in regard to each one of these traits.

Character Traits

Openness

Skeptical |-----|-----| Receptive

Conscientiousness

Disinterested |-----|-----| Responsible

Extraversion

Introverted |-----|-----| Outgoing

Agreeableness

Argumentative |-----|-----| Congenial

Secureness

Self-Doubting |-----|-----| Self-Confident

Indicate which of these above personality traits creates the most friction between you and your partner:

Temperament Traits

Activity

Laid-Back |-----|-----| High-Energy

Excitability

Slow-to-React |-----|-----| Quick-to-React

Regularity

Spontaneous |-----|-----| Routinized

Distractibility

Scattered |-----|-----| Focused

Adaptability

Unyielding |-----|-----| Flexible

Indicate which of these above temperament traits creates the most friction between you and your partner:

Assessing Differences in Coping Styles

Paul David, Ph.D.

Name _____

Date _____

A major obstacle couples often experience in dealing with their unresolved conflicts is the different coping styles they utilize in attempting to address them. These conflicts are typically driven by different personality characteristics and evolve out of what each partner has discovered about what best maintains his or her own emotional stability.

Core Differences

Atkinson (2005) found that there are generally five core differences in the ways in which couples maintain emotional stability that most frequently lay beneath their unresolved conflict. These key differences are as follows:

1. Independence vs. Togetherness. When stressed, independence partners need space in order to be able to think things through. In contrast, togetherness partners gravitate immediately toward others, and seek a measure of emotional comfort which then helps them to cope with stressful events.

2. Future vs. In-the Moment. A second core difference area involves how much partners feel they should delay present gratification for the sake of investing in future happiness. Some partners function best by delaying enjoyment until they have fulfilled all of their responsibilities. Others function best when they combine work and play. The second approach prioritizes enjoyment of each moment more highly than the first approach.

3. Predictability vs. Spontaneity. Another core difference that often generates gridlock involves the extent of predictability or structure that is needed in daily life. Predictability partners function best when they are able to minimize disorder, and organize their lives in predictable ways. Spontaneity partners thrive on the unexpected, and typically have vigorous neural circuits for play, which are easily activated.

4. Slow-to-Upset vs. Readily Upset. Partners often differ with regard to how upset they let themselves get about undesirable circumstances. Readily upset partners experience upset feelings frequently and intensely, and use their upset feelings to motivate them to become agents of change. In contrast, slow-to-upset partners have internal mechanisms that attenuate upset feelings as soon as they occur.

5. Problem-Solving vs. Validation. Problem-solving partners see little value in dwelling on negative feelings, regardless of whether the feelings are their own or their partners'. They rely predominately on problem-solving as a means of feeling better. Validation partners want their uncomfortable feelings to be soothed by understanding and acknowledgment. For these partners, it's a matter of timing: validation comes first and developing a plan of action comes second.

Responding to Coping Differences

Differences in coping styles are often experienced as insensitivities or injustices, because each partner's way of maintaining emotional stability interferes with the other's way of maintaining stability. Rather than seeing a partner's behavior as arising from different ways of maintaining emotional stability, each partner often interprets the other's behavior from within his or her own framework. When this takes place, they tend to view each other as uncaring and controlling. Characteristic responses from this vantage point are "I would never disrespect my partner the way in which she treats me!", or "I would never get upset about something as minor as that!" However, this is an easy mistake to make because there are clearly multiple ways to cope effectively with life over and above the particular strategies one person employs.

Assessment of Coping Differences

List the coping style differences that typically do not lead to unresolved conflict in your relationship with your partner and identify the particular coping styles you tend to employ:

List the coping style differences that typically do lead to unresolved conflict in your relationship with your partner and identify the particular coping styles you tend to employ:

References

Atkinson, B. J. (2005). *Emotional intelligence in couples therapy*. New York, NY: W. W. Norton.

Gottman 17-Areas Scale*

How Well Is Your Relationship Doing?

Name _____

Date _____

Instructions: Please review each of the 17 areas that are designated in bold and mark an "X" in the box that best reflects how well you believe you are doing in your relationship with your partner. Then go back through each of the areas and indicate those aspects that are a problem and those that are not a problem. Place an "X" in the appropriate column that you believe applies to your relationship right now. Finally, at the end of each area, add comments and, if things are fine, briefly explain how you are managing this aspect of your relationship. If things are not fine, specify the obstacles you currently see to improving this area of your relationship.

1. Staying emotionally connected , or becoming emotionally distant .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
Just simply talking to each other.		
Staying emotionally in touch with each other.		
Feeling taken for granted.		
Don't feel my partner knows me very well right now.		
Partner is (or I am) emotionally disengaged.		
Spending time together.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

2. Handling job and other stresses effectively , or experiencing the "spillover" of non-relationship stressors .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
Helping each other reduce daily stresses.		
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.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

*Adapted from John Gottman's *The Marriage Clinic*, 1999, W. W. Norton.

3. Handling issues or disagreements well , or becoming gridlocked on one or more issues .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
Differences have arisen between us that feel very basic.		
These differences seem unresolvable.		
We are living day-to-day with hurts.		
Our positions are getting entrenched.		
It looks like I will never get what I hope for.		
I am very worried that these issues may damage our relationship.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	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.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	Not a Problem	A Problem
The frequency of sex.		
The satisfaction I (or my partner) get 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 lovemaking.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

6. An important events (like the birth of a child, job loss, changes in job or residence, an illness, the death of a loved one, etc.) have recently taken place . The relationship is dealing with these events well , or it is not handling them well .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
We have very 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 very different positions.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 relationship is handling these well , or it is not handling them well .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
We have very different points of view on goals for the children.		
We have different positions on what to discipline the children for.		
We have different positions on how 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.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

8. Major issues or events have arisen about a relative or relatives . The relationship is handling these well , or it is not handling them well .

<i>Check all the specific items below:</i>	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.		
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Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	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 reestablish trust.		
There is a feeling of betrayal.		
It's hard to know how to heal this.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	Not a Problem	A Problem
There are more fights now.		
The fights seem to come out of nowhere.		
Anger and irritability have crept into our relationship.		
We get into muddles where we are hurting each other.		
I don't feel very respected lately.		
I feel criticized.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 lifestyle are emerging .

<i>Check all the specific items below:</i>	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 be wanting different things out of life.		
We are growing in different directions.		
I don't much like who I am with my partner.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	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.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
We used to share more in the family's workload.		
We seem to be pulling in opposite directions.		
Partner does not share in housework or childcare.		
Partner is not carrying weight financially.		
I feel alone in managing this family.		
Partner is not being very considerate.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 .

<i>Check all the specific items below:</i>	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.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
My partner or I just don't bring in enough money.		
We have differences about how to spend our money.		
We are stressed about finances.		
Partner is financially more interested in self than us.		
We are not united in managing our finances.		
There is not enough financial planning.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify 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 .

<i>Check all the specific items below:</i>	Not a Problem	A Problem
We don't seem to have very much time for fun.		

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

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

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

<i>Check all the specific items below:</i>	Not a Problem	A Problem
Sharing the same beliefs.		
Agreeing about religious ideas and values.		
Issues about the specific church, mosque, synagogue, etc.		
Communicating well about spiritual things.		
Issues about spiritual growth and change.		
Spiritual issues involving family or children.		

Comments, and if things are fine, indicate how you are managing this area of your relationship. If things are not fine, specify the obstacles you see to improving this area of your relationship.

6. What coping style differences lead to the most unresolved conflict between you and your partner?

7. Based on your Gottman 17-Areas Scale assessment, what do you consider to be the top three strengths in your relationship?

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8. Based on your Gottman 17-Areas Scale assessment, what do you consider to be the top three areas in your relationship that need the most improvement?

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