

LOVE MAPS

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

I can name my partner's best friends.	True ☐ (1) False ☐ (2)
I can tell you what stresses my partner is currently facing.	True ☐ (1) False ☐ (2)
I know the names of some of the people who have been irritating in my partner's current life.	True ☐ (1) False ☐ (2)
I can tell you some of my partner's life dreams.	True ☐ (1) False ☐ (2)
I am very familiar with my partner's religious beliefs and ideas.	True ☐ (1) False ☐ (2)
I can tell you about my partner's basic philosophy of life.	True ☐ (1) False ☐ (2)
I can list the relatives my partner likes the least.	True ☐ (1) False ☐ (2)
I know my partner's favorite music.	True ☐ (1) False ☐ (2)
I can list my partner's three favorite movies.	True ☐ (1) False ☐ (2)
My spouse is familiar with what are my current stresses.	True ☐ (1) False ☐ (2)
I know the three times that have been most special in my partner's life.	True ☐ (1) False ☐ (2)
I can tell you the most stressful thing that happened to my partner as a child.	True ☐ (1) False ☐ (2)
I can list my partner's major aspirations and hopes in life.	True ☐ (1) False ☐ (2)
I know my partner's major current worries.	True ☐ (1) False ☐ (2)
My spouse knows who my friends are.	True ☐ (1) False ☐ (2)
I know what my partner would want to do if he or she suddenly won the lottery.	True ☐ (1) False ☐ (2)
I can tell you in detail my first impressions of my partner.	True ☐ (1) False ☐ (2)
Periodically, I update my knowledge of my partner's world.	True ☐ (1) False ☐ (2)
I feel that my partner knows me pretty well.	True ☐ (1) False ☐ (2)
My spouse is familiar with my own hopes and aspirations.	True ☐ (1) False ☐ (2)

FONDNESS AND ADMIRATION SYSTEM

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
I can easily list the three things I most admire about my partner.	True ☐ (1) False ☐ (2)
When we are apart I often think fondly of my partner.	True ☐ (1) False ☐ (2)
I will often find some way to tell my partner "I love you."	True ☐ (1) False ☐ (2)
I often touch or kiss my partner affectionately.	True ☐ (1) False ☐ (2)
My partner really respects me.	True ☐ (1) False ☐ (2)
I feel loved and cared for in this relationship.	True ☐ (1) False ☐ (2)
I feel accepted and liked by my partner.	True ☐ (1) False ☐ (2)
My partner finds me sexy and attractive.	True ☐ (1) False ☐ (2)
My partner turns me on sexually.	True ☐ (1) False ☐ (2)
There is fire and passion in this relationship.	True ☐ (1) False ☐ (2)
Romance is something our relationship definitely still has in it.	True ☐ (1) False ☐ (2)
I am really proud of my partner.	True ☐ (1) False ☐ (2)
My partner really enjoys my achievements and accomplishments.	True ☐ (1) False ☐ (2)
I can easily tell you why I married my partner.	True ☐ (1) False ☐ (2)
If I had it to do all over again I would marry the same person.	True ☐ (1) False ☐ (2)
We rarely go to sleep without some show of love or affection.	True ☐ (1) False ☐ (2)
When I come into a room my partner's face brightens.	True ☐ (1) False ☐ (2)
My partner appreciates the things I do in this marriage.	True ☐ (1) False ☐ (2)
My spouse generally likes my personality.	True ☐ (1) False ☐ (2)
Our sex life is generally satisfying.	True ☐ (1) False ☐ (2)

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 ☐ (1) False ☐ (2)
I look forward to spending my free time with my partner.	True ☐ (1) False ☐ (2)
At the end of a day my partner is glad to see me.	True ☐ (1) False ☐ (2)
My partner is usually interested in hearing my views on things.	True ☐ (1) False ☐ (2)
I really enjoy discussing things with my partner.	True ☐ (1) False ☐ (2)
My partner is one of my best friends.	True ☐ (1) False ☐ (2)
I think my partner would consider me a very close friend.	True ☐ (1) False ☐ (2)
We love just talking to each other.	True ☐ (1) False ☐ (2)
When we go out, the time goes very quickly.	True ☐ (1) False ☐ (2)
We always have a lot to say to each other.	True ☐ (1) False ☐ (2)
We have a lot of fun together in our everyday lives.	True ☐ (1) False ☐ (2)
We are spiritually very compatible.	True ☐ (1) False ☐ (2)
We tend to share the same basic values in life.	True ☐ (1) False ☐ (2)
We like to spend time together in similar ways.	True ☐ (1) False ☐ (2)
We really have a lot of interests in common.	True ☐ (1) False ☐ (2)
We have many of the same dreams and life goals.	True ☐ (1) False ☐ (2)
We like to do a lot of the same things.	True ☐ (1) False ☐ (2)
Even though our interests are somewhat different, I enjoy my partner's interests.	True ☐ (1) False ☐ (2)
Whatever we do together we usually tend to have a good time.	True ☐ (1) False ☐ (2)
My partner tells me when he or she has had a bad day.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
I felt misunderstood.	True ☐ (1) False ☐ (2)
I thought, "I don't have to take this."	True ☐ (1) False ☐ (2)
I felt innocent of blame for this problem.	True ☐ (1) False ☐ (2)
I thought to myself, just get up and leave.	True ☐ (1) False ☐ (2)
I was angry.	True ☐ (1) False ☐ (2)
I felt disappointed.	True ☐ (1) False ☐ (2)
I felt unjustly accused.	True ☐ (1) False ☐ (2)
I thought, "My partner has no right to say those things."	True ☐ (1) False ☐ (2)
I was frustrated.	True ☐ (1) False ☐ (2)
I felt personally attacked.	True ☐ (1) False ☐ (2)
I wanted to strike back.	True ☐ (1) False ☐ (2)
I felt like I was warding off a barrage.	True ☐ (1) False ☐ (2)
I felt like getting even.	True ☐ (1) False ☐ (2)
I wanted to protect myself.	True ☐ (1) False ☐ (2)
I took my partner's complaints as sleights.	True ☐ (1) False ☐ (2)
I felt like my partner was trying to control me.	True ☐ (1) False ☐ (2)
I thought that my partner was very manipulative.	True ☐ (1) False ☐ (2)
I felt unjustly criticized.	True ☐ (1) False ☐ (2)
I wanted the negativity to just stop.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
I hate the way my partner raises an issue.	True ☐ (1) False ☐ (2)
Arguments often seem to come out of nowhere.	True ☐ (1) False ☐ (2)
Before I know it we are in a fight.	True ☐ (1) False ☐ (2)
When my partner complains I feel picked on.	True ☐ (1) False ☐ (2)
I seem to always get blamed for issues.	True ☐ (1) False ☐ (2)
My partner is negative all out of proportion.	True ☐ (1) False ☐ (2)
I feel I have to ward off personal attacks.	True ☐ (1) False ☐ (2)
I often have to deny charges leveled against me.	True ☐ (1) False ☐ (2)
My partner's feelings are too easily hurt.	True ☐ (1) False ☐ (2)
What goes wrong is often not my responsibility.	True ☐ (1) False ☐ (2)
My spouse criticizes my personality.	True ☐ (1) False ☐ (2)
Issues get raised in an insulting manner.	True ☐ (1) False ☐ (2)
My partner will at times complain in a smug or superior way.	True ☐ (1) False ☐ (2)
I have just about had it with all this negativity between us.	True ☐ (1) False ☐ (2)
I feel basically disrespected when my partner complains.	True ☐ (1) False ☐ (2)
I just want to leave the scene when complaints arise.	True ☐ (1) False ☐ (2)
Our calm is suddenly shattered.	True ☐ (1) False ☐ (2)
I find my partner's negativity unnerving and unsettling.	True ☐ (1) False ☐ (2)
I think my partner can be totally irrational.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
I usually learn a lot from my spouse even when we disagree.	True ☐ (1) False ☐ (2)
I want my partner to feel that what he or she says really counts with me.	True ☐ (1) False ☐ (2)
I generally want my spouse to feel influential in this marriage.	True ☐ (1) False ☐ (2)
I can listen to my partner.	True ☐ (1) False ☐ (2)
My partner has a lot of basic common sense.	True ☐ (1) False ☐ (2)
I try to communicate respect even during our disagreements.	True ☐ (1) False ☐ (2)
I don't keep trying to convince my partner so that I will eventually win out.	True ☐ (1) False ☐ (2)
I don't reject my spouse's opinions out of hand.	True ☐ (1) False ☐ (2)
My partner is rational enough to take seriously when we discuss our issues.	True ☐ (1) False ☐ (2)
I believe in lots of give and take in our discussions.	True ☐ (1) False ☐ (2)
I am very persuasive, but don't usually try to win arguments with my spouse.	True ☐ (1) False ☐ (2)
I feel important in our decisions.	True ☐ (1) False ☐ (2)
My partner usually has good ideas.	True ☐ (1) False ☐ (2)
My partner is basically a great help as a problem solver.	True ☐ (1) False ☐ (2)
I try to listen respectfully even when I disagree.	True ☐ (1) False ☐ (2)
My ideas for solutions are not better than my spouse's.	True ☐ (1) False ☐ (2)
I can usually find something to agree with in my partner's position.	True ☐ (1) False ☐ (2)
My partner is not usually too emotional.	True ☐ (1) False ☐ (2)
I am not the one who needs to make the major decisions in this marriage.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
When I apologize it usually gets accepted by my partner.	True ☐ (1) False ☐ (2)
I can say that I am wrong.	True ☐ (1) False ☐ (2)
I am pretty good at calming myself down.	True ☐ (1) False ☐ (2)
Even when arguing we can maintain a sense of humor.	True ☐ (1) False ☐ (2)
When my partner says we should talk to each other in a different way, it usually makes a lot of sense.	True ☐ (1) False ☐ (2)
My attempts to repair our discussions when they get negative are usually effective.	True ☐ (1) False ☐ (2)
We are pretty good listeners even when we have different positions on things.	True ☐ (1) False ☐ (2)
If things get heated we can usually pull out of it and change things.	True ☐ (1) False ☐ (2)
My spouse is good at soothing me when I get upset.	True ☐ (1) False ☐ (2)
I feel confident that we can resolve most issues between us.	True ☐ (1) False ☐ (2)
When I comment on how we could communicate better my spouse listens to me.	True ☐ (1) False ☐ (2)
Even if things get hard at times, I know we can get past our differences.	True ☐ (1) False ☐ (2)
We can be affectionate even when we are disagreeing.	True ☐ (1) False ☐ (2)
Teasing and humor usually work with my spouse for getting over negativity.	True ☐ (1) False ☐ (2)
We can start all over again and improve our discussions when we need to.	True ☐ (1) False ☐ (2)
When emotions run hot, expressing how upset I feel makes a real difference.	True ☐ (1) False ☐ (2)
Even when there are big differences between us we can discuss these.	True ☐ (1) False ☐ (2)
My partner expresses appreciation for nice things I do.	True ☐ (1) False ☐ (2)
If I keep trying to communicate it will eventually work.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
We are usually good at resolving our differences.	True ☐ (1) False ☐ (2)
I can give in when I need to, and often do.	True ☐ (1) False ☐ (2)
I can be stubborn in an argument but I'm not opposed to compromising.	True ☐ (1) False ☐ (2)
I think that sharing power in a marriage is very important.	True ☐ (1) False ☐ (2)
My partner is not a very stubborn person.	True ☐ (1) False ☐ (2)
I don't believe one person is usually right and the other wrong on most issues.	True ☐ (1) False ☐ (2)
We both believe in meeting each other half way when we disagree.	True ☐ (1) False ☐ (2)
I am able to yield somewhat even when I feel strongly on an issue.	True ☐ (1) False ☐ (2)
The two of us usually arrive at a better decision through give and take.	True ☐ (1) False ☐ (2)
It's a good idea to give in somewhat, in my view.	True ☐ (1) False ☐ (2)
In discussing issues we can usually find our common ground of agreement.	True ☐ (1) False ☐ (2)
Everyone gets some of what they want when there is a compromise.	True ☐ (1) False ☐ (2)
My partner can give in, and often does.	True ☐ (1) False ☐ (2)
I don't wait until my partner gives in before I do.	True ☐ (1) False ☐ (2)
When I give in first my partner then gives in too.	True ☐ (1) False ☐ (2)
Yielding power is not very difficult for my spouse.	True ☐ (1) False ☐ (2)
Yielding power is not very difficult for me.	True ☐ (1) False ☐ (2)
Give and take in making decisions is not a problem in this marriage.	True ☐ (1) False ☐ (2)
I will compromise even when I believe I am right.	True ☐ (1) False ☐ (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	
The same problems keep coming up again and again in our marriage.	True ☐ (1)	False ☐ (2)
We rarely make much progress on our central issues.	True ☐ (1)	False ☐ (2)
We keep hurting each other whenever we discuss our core issues.	True ☐ (1)	False ☐ (2)
I feel criticized and misunderstood when we discuss our hot topics.	True ☐ (1)	False ☐ (2)
My partner has a long list of basically unreasonable demands.	True ☐ (1)	False ☐ (2)
When we discuss our basic issues, I often feel that my partner doesn't even like me.	True ☐ (1)	False ☐ (2)
My partner wants me to change my basic personality.	True ☐ (1)	False ☐ (2)
I often keep quiet and withdraw to avoid stirring up too much conflict.	True ☐ (1)	False ☐ (2)
I don't feel respected when we disagree.	True ☐ (1)	False ☐ (2)
My partner often acts in a selfish manner.	True ☐ (1)	False ☐ (2)
What I say in our discussions rarely has much effect.	True ☐ (1)	False ☐ (2)
I feel put down in our discussions of key issues.	True ☐ (1)	False ☐ (2)
I can't really be myself in this marriage.	True ☐ (1)	False ☐ (2)
I often think that my partner is manipulating me.	True ☐ (1)	False ☐ (2)
Sometimes I think that my spouse doesn't care about my feelings.	True ☐ (1)	False ☐ (2)
My partner rarely makes a real effort to change.	True ☐ (1)	False ☐ (2)
There are some basic faults in my partner's personality that he or she will not change.	True ☐ (1)	False ☐ (2)
My partner disregards my fundamental needs.	True ☐ (1)	False ☐ (2)
Sometimes I feel that my values don't matter to my spouse.	True ☐ (1)	False ☐ (2)
When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.	True ☐ (1)	False ☐ (2)

THE FOUR HORSEMEN

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

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
I feel explosive and out of control about our issues at times.	True ☐ (1) False ☐ (2)
My partner uses phrases like "You always" or "You never" when complaining.	True ☐ (1) False ☐ (2)
I often get the blame for what are really <i>our</i> problems.	True ☐ (1) False ☐ (2)
I don't have a lot of respect for my partner's position on our basic issues.	True ☐ (1) False ☐ (2)
My spouse can be quite selfish and self-centered.	True ☐ (1) False ☐ (2)
I feel disgusted by some of my spouse's attitudes.	True ☐ (1) False ☐ (2)
My partner gets far too emotional.	True ☐ (1) False ☐ (2)
I am just not guilty of many of the things I get accused of.	True ☐ (1) False ☐ (2)
Small issues often escalate out of proportion.	True ☐ (1) False ☐ (2)
Arguments seem to come out of nowhere.	True ☐ (1) False ☐ (2)
My partner's feelings get hurt too easily.	True ☐ (1) False ☐ (2)
I often will become silent to cool things down a bit.	True ☐ (1) False ☐ (2)
My partner has a lot of trouble being rational and logical.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
I have a hard time calming down.	True ☐ (1) False ☐ (2)
One of us is going to say something we will regret.	True ☐ (1) False ☐ (2)
My partner gets too upset.	True ☐ (1) False ☐ (2)
After a fight, I want to keep my distance.	True ☐ (1) False ☐ (2)
My partner yells unnecessarily.	True ☐ (1) False ☐ (2)
I feel overwhelmed by our arguments.	True ☐ (1) False ☐ (2)
I can't think straight when my partner gets hostile.	True ☐ (1) False ☐ (2)
I think to myself, "Why can't we talk more logically?"	True ☐ (1) False ☐ (2)
My partner's negativity often comes out of nowhere.	True ☐ (1) False ☐ (2)
There's often no stopping my partner's temper.	True ☐ (1) False ☐ (2)
I feel like running away during our fights.	True ☐ (1) False ☐ (2)
Small issues suddenly become big ones.	True ☐ (1) False ☐ (2)
I can't calm down very easily during an argument	True ☐ (1) False ☐ (2)
My partner has a long list of unreasonable demands.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
I have learned to expect less from my partner.	True ☐ (1) False ☐ (2)
I will at times find myself quite lonely in this relationship.	True ☐ (1) False ☐ (2)
It is hard for my deepest feelings to get much attention in this marriage.	True ☐ (1) False ☐ (2)
I often try to avoid saying things I will later regret.	True ☐ (1) False ☐ (2)
I feel like I have to be so careful it is like walking on eggshells.	True ☐ (1) False ☐ (2)
Suddenly once again I find I have said the wrong thing.	True ☐ (1) False ☐ (2)
There is not much intimacy in this marriage right now.	True ☐ (1) False ☐ (2)
Our marital problems are not really solvable.	True ☐ (1) False ☐ (2)
Sometimes our marriage feels empty to me.	True ☐ (1) False ☐ (2)
This marriage is not quite what I expected and I feel let down by it.	True ☐ (1) False ☐ (2)
We are pretty separate and unconnected emotionally.	True ☐ (1) False ☐ (2)
We don't really talk very deeply to each other.	True ☐ (1) False ☐ (2)
There is not enough closeness between us.	True ☐ (1) False ☐ (2)
I sometimes think I expect too much and should settle for less in my marriage.	True ☐ (1) False ☐ (2)
I am coping with a lot of marital stress but it will be okay eventually.	True ☐ (1) False ☐ (2)
I have adapted to a lot in this marriage and I am not so sure it's a good idea.	True ☐ (1) False ☐ (2)
There's certainly not much romance in this relationship.	True ☐ (1) False ☐ (2)
I can't really say that we are very good friends right now.	True ☐ (1) False ☐ (2)
I am lonely in this marriage.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
Holiday meals (like Thanksgiving, Christmas, Passover) are very special and happy times for us.	True ☐ (1) False ☐ (2)
Reunions at the end of each day in our home are generally special times in my day.	True ☐ (1) False ☐ (2)
We see eye-to-eye about the role of TV in our home.	True ☐ (1) False ☐ (2)
Bedtimes are generally good times for being close.	True ☐ (1) False ☐ (2)
During weekends we do a lot of things together that we enjoy and value.	True ☐ (1) False ☐ (2)
We have the same values about entertaining in our home (having friends over, parties, etc.).	True ☐ (1) False ☐ (2)
We both value special celebrations (like birthdays, anniversaries, family reunions).	True ☐ (1) False ☐ (2)
When I become sick I feel taken care of and loved by my spouse.	True ☐ (1) False ☐ (2)
I really look forward to and enjoy our vacations and the travel we do together.	True ☐ (1) False ☐ (2)
The mornings together are special times for me.	True ☐ (1) False ☐ (2)
When we do errands together we generally have a good time.	True ☐ (1) False ☐ (2)
We have ways of becoming renewed and refreshed when we are burned out or fatigued.	True ☐ (1) False ☐ (2)

YOUR ROLES

RESPONSE

We share many similar values in our roles as husband and wife.	True ☐ (1) False ☐ (2)
We share many similar values in our roles as mother and father.	True ☐ (1) False ☐ (2)
We have many similar views about what it means to be a good friend to others.	True ☐ (1) False ☐ (2)

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

YOUR GOALS

RESPONSE

We share many of the same goals in our life together.	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
My partner values my own accomplishments.	True ☐ (1) False ☐ (2)
My partner honors my own very personal goals, unrelated to my marriage.	True ☐ (1) False ☐ (2)
We share many of the same goals for others who are important to us (children, kin, friends and community).	True ☐ (1) False ☐ (2)
We have very similar financial goals.	True ☐ (1) False ☐ (2)
We tend to have compatible financial disaster scenarios (ones we both want to avoid).	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
Our life dreams tend to be similar or compatible.	True ☐ (1) False ☐ (2)
Even when different, we have been able to find a way to honor our life dreams.	True ☐ (1) False ☐ (2)

YOUR SYMBOLS

RESPONSE

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

We have similar values about the meaning of being married.	True ☐ (1) False ☐ (2)
We have similar values about the importance and meaning of money in our lives.	True ☐ (1) False ☐ (2)
We have similar values about the importance of education in our lives.	True ☐ (1) False ☐ (2)
We have similar values about the importance of "fun" and "play" in our lives.	True ☐ (1) False ☐ (2)
We have similar values about the significance of adventure.	True ☐ (1) False ☐ (2)
We have similar values about "trust."	True ☐ (1) False ☐ (2)
We have similar values about personal "freedom."	True ☐ (1) False ☐ (2)
We have similar values about "autonomy" and "independence."	True ☐ (1) False ☐ (2)
We have similar values about sharing "power" in our marriage.	True ☐ (1) False ☐ (2)
We have similar values about being "interdependent," of being a "we."	True ☐ (1) False ☐ (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 ☐ (1) False ☐ (2)
We have similar values about the meaning of "nature," and of our relationship to the seasons.	True ☐ (1) False ☐ (2)
We are both sentimental and tend to reminisce about things in our past.	True ☐ (1) False ☐ (2)
We have similar views about what we want in retirement and old age.	True ☐ (1) False ☐ (2)