

GOTTMAN 17 AREAS SCALE

How Are Things Changing, or Not Changing, in Your Marriage?

To be of assistance to you, please identify how you think things are, or are not, changing in your relationship. Please take time to read each area we have outlined of your life together, and state which areas are fine or needs improvement. Put an X in the box that you think applies to your relationship right now. Then, at the end of each area, add comments, and, if things are fine, briefly tell how you are managing this area of your lives. If things are not fine, tell us the obstacles you currently see to improving this area of your relationship.

1. Staying emotionally connected____, or becoming emotionally distant____

Check all the specific items below:

Just simply talking to each other. Not a problem____ A problem ____

Staying emotionally in touch with each other. Not a problem____ A problem____

Feeling taken for granted? ____Not a problem____ A problem____

Don't feel my spouse knows me very well right now. Not a problem____
A problem____

Spouse is (or I am) emotionally disengaged. Not a problem____ A problem____

Spending time together. Not a problem____ A problem____

Comments, and if things are fine, state how you are managing this area of your lives. If things are not fine, what obstacles are you seeing to improving this area of your relationship?

2. Handling job and other stresses effectively____, or experiencing the “spillover” of non-marital stresses____

Check all the specific items below:

Helping each other reduce daily stresses. Not a problem____ A problem____.

Talking about these stresses together. Not a problem_____ A problem_____.

Talking together about stress in a helpful manner. Not a problem _____A problem_____

Spouse listening with understanding about my stresses and worries. Not a problem _____
A problem_____

Spouse takes job or other stresses out on me Not a problem_____ A problem_____

Spouse takes job or other stresses out on the children or others in our life.
Not a problem_____ A problem_____

Comments, and if things are fine, state how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

3. Handling issues of disagreements well_____or gridlocking on one or more issues_____

Check all the specific items below:

Differences have arisen between us that feel very basic. Not a problem_____A problem_____

These differences seem unresolvable. Not a problem_____A problem_____

We are living day-to-day with hurts. Not a problem_____A problem_____

Our positions are getting entrenched. Not a problem_____A problem_____

It looks like I will n ever get what I hope for. Not a problem_____A problem_____.

I am very worried that these issues may damage our relationship. Not a problem _____
A problem_____.

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

4. **The marriage is romantic and passionate____, or it is becoming passionless; the fire is going out_____**

Check all the specific items below:

My spouse has stopped being verbally affectionate. Not a problem____
A problem_____

My spouse expresses love or admiration less frequently. Not a problem____
A problem_____

We rarely touch each other. Not a problem_____ A problem_____

My spouse (or I) has stopped feeling very romantic. Not a problem _____
A problem_____

We have few tender or passionate moments. Not a problem _____A problem_____

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

5. **Our sex life is fine____, or there are problems in this area_____.**

Check all the specific items below:

The frequency of sex. Not a problem_____ A problem_____

The satisfaction I (or my spouse) get from sex. Not a problem _____A problem_____

Being able to talk about sexual problems. Not a problem_____ A problem_____

The two of us wanting different things sexually. Not a problem _____
A problem_____

Problems of desire. Not a problem_____ A problem_____.

The amount of love in our lovemaking. Not a problem_____ A problem_____.

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

6. An important event (like the birth of a child, job loss, changes in job or residence, an illness, the death of a loved one) has occurred in our lives _____. The marriage is either dealing with this well _____ or it has not _____

Check all the specific items below:

We have very different points of view on how to handle things.
Not a problem _____ A problem _____.

This event has made us both irritable. Not a problem _____ A problem _____.

This event has led to a lot of fighting. Not a problem _____ A problem _____

I'm worried about how this will all turn out. Not a problem _____ A problem _____

We are now taking very different positions. Not a problem _____ A problem _____

Comments, and if things are fine, tell how you are managing this area of your lives. If things are not fine, tell us 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 marriage is handling these well _____ or is not _____.

Check all the specific items below:

We have very different points of view on goals for the children. Not a problem _____ A problem _____

We have different positions on what to discipline the children for.
Not a problem _____ A problem _____

We have different positions on how to discipline the children. Not a problem _____ A problem _____.

We have issues about how to be close to our children. Not a problem _____ A problem _____.

We are not talking about these issues very well. Not a problem. _____A problem_____

There is a lot of tension or anger about these differences. Not a problem_____
A problem_____

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

8. Major issues or events have arisen about in-laws, a relative or relatives_____.
The marriage is handling these well _____or it is not_____.

Check all the specific items below:

I feel unaccepted by my partner's family. Not a problem _____A problem_____.

I sometimes wonder which family my spouse is in. Not a problem _____
A problem_____

I feel unaccepted by my own family. Not a problem _____A problem_____.

There is tension between us about what might happen. Not a problem_____
A problem_____

This issue has generated a lot of irritability. Not a problem _____A problem_____.

I am worried about how this is going to turn out. Not a problem. A problem _____.

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

9. Being attracted to other people or jealousy is not an issue_____, or spouse is flirtatious or there may be a recent extramarital affair_____.

Check all the specific items below:

This area is a source of a lot of hurt. Not a problem_____ A problem_____

This is an area that creates insecurity. Not a problem _____ A problem _____

I can't deal with the lies. Not a problem _____ A problem _____.

It is hard to reestablish trust. Not a problem _____ A problem _____.

There is a feeling of betrayal. Not a problem _____ A problem _____

It's hard to know how to heal this. Not a problem _____ A problem _____.

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

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

Check all the specific items below:

There are more fights now. Not a problem _____ A problem _____

The fights seem to come out of nowhere. Not a problem _____ A problem _____

Anger and irritability have crept into our marriage. Not a problem _____

A problem _____

We get into muddles where we are hurting each other. Not a problem _____ A problem _____.

I don't feel very respected lately. Not a problem _____ A problem _____.

Comments, and if things are fine, tell how you are managing this area of your lives. If things are not fine, tell us 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_____

Check all the specific items below:

Differences have arisen in life goals. Not a problem_____ A problem_____

Differences have arisen about important beliefs. Not a problem _____A problem_____

Differences have arisen on leisure time interests. Not a problem _____A problem_____

We seem to be wanting different things out of life_____ Not a problem _____
A problem_____

We are growing in different directions. Not a problem_____ A problem_____.

I don't much like who I am with my partner. Not a problem _____A problem_____

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

12. Very hard events (for example, violence, drugs, or an affair) have occurred within the marriage_____. We are handling these well_____, or they seem to be hard for the marriage to deal with right now_____.

Check all the specific items below.

There has been physical violence between us. Not a problem_____A problem_____.

There is a problem with alcohol or drugs. Not a problem _____A problem_____.

This is turning into a marriage I hadn't bargained for. Not a problem _____
A problem_____

Our marriage "contract" is changing. Not a problem _____A problem_____

I find some of what my partner wants upsetting or repulsive. Not a problem_____
A problem_____

I am not feeling somewhat disappointed by this marriage. Not a problem_____
A problem_____

Comments, and if things are fine, tell how you are managing this area of your lives. If

things are not fine, tell 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_____.

Check all the specific items below:

We used to share more in the family's workload. Not a problem _____A problem_____

We seem to be pulling in opposite directions. Not a problem _____A problem_____

Spouse does not share in housework or childcare. Not a problem _____A problem_____

Spouse is not carrying weight financially. Not a problem_____ A problem

I feel alone managing this family. Not a problem_____ A problem_____

Spouse is not being very considerate Not a problem _____A problem_____

Comments, and if things are fine, tell how you are managing this area of your lives. If things are not fine, tell 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_____

Check all the specific items below:

I don't feel influential in decisions we make. Not a problem _____A problem_____

Spouse has become more domineering. Not a problem _____ A problem_____

I have become more demanding. Not a problem _____A problem_____

Spouse has become passive. Not a problem _____A problem_____

I am starting to care a lot more about who is running things. Not a problem _____
A problem_____.

Comments, and if things are fine, tell how you are managing this area of your lives. If things are not fine, tell 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 _____

Check all the specific items below:

I, or spouse, just do not bring in enough money. Not a problem _____ A problem _____

We have differences about how to spend our money. Not a problem _____ A problem _____

We are stressed about finances. Not a problem _____ A problem _____

Spouse is financially more interested in self than us. Not a problem _____

A problem _____

We are not united in managing our finances. Not a problem _____ A problem _____

There is not enough financial planning. Not a problem _____ A problem _____

Comments, and if things are fine, tell how you are managing this area of your relationship

16. We are doing well having fun together _____, or we are not having very much fun together these days _____

Check all the specific items below:

We don't seem to have very much time for fun. Not a problem _____ A problem _____

We try but don't seem to enjoy our times together very much. Not a problem _____

A problem _____

We are too stressed for fun. Not a problem _____ A problem _____

Work takes up all our time these days. Not a problem _____ A problem _____

Our interests are so different now that there are not fun things we like to do together.

Not a problem _____ A problem _____

We plan fun things to do but they never happen. Not a problem _____ A problem _____

Comments, and if things are fine, tell how you are managing this area of your lives. If things are not fine, tell us 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_____

Check all the specific items below:

Sharing the same beliefs. Not a problem_____ A problem_____

Agreeing about religious ideas and values. Not a problem_____ A problem_____

Issues about the specific church, mosque, synagogue, etc. Not a problem_____ A problem_____.

Communicating well about spiritual things. Not a problem_____ A problem_____

Issues about spiritual growth and change. Not a problem_____ A problem_____

Spiritual issues involving family or children. Not a problem_____ A problem_____

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

If an important area was omitted, please comment here.