

8. Mutual Negotiation. Both my partner and I suggest possible solutions and compromises. 1 2 3 4 5 6 7 8 9

Demand/Withdraw.

9. I nag and demand while my partner withdraws, becomes silent, or refuses to discuss the matter further. 1 2 3 4 5 6 7 8 9

10. My partner nags and demands while I withdraw, become silent, or refuse to discuss the matter further. 1 2 3 4 5 6 7 8 9

B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,

Very
Unlikely

Very
Likely

Criticize/Defend.

11. I criticize while my partner defends himself or herself. 1 2 3 4 5 6 7 8 9

12. My partner criticizes while I defend myself. 1 2 3 4 5 6 7 8 9

Pressure/Resist.

13. I pressure my partner to take some action or stop some action, while my partner resists. 1 2 3 4 5 6 7 8 9

14. My partner pressures me to take some action or stop some action, while I resist. 1 2 3 4 5 6 7 8 9

Emotional/Logical.

15. I express feelings while my partner offers reasons and solutions. 1 2 3 4 5 6 7 8 9

16. My partner expresses feelings while I offer reasons and solutions. 1 2 3 4 5 6 7 8 9

Threat/Back down.

17. I threaten negative consequences and my partner gives in or backs down. 1 2 3 4 5 6 7 8 9

18. My partner threatens negative consequences and I give in or back down. 1 2 3 4 5 6 7 8 9

Verbal Aggression.

19. I call my partner names, swear at my partner, or attack my partner's character. 1 2 3 4 5 6 7 8 9

20. My partner calls me names, swears at me, or attacks my character. 1 2 3 4 5 6 7 8 9

Physical Aggression.

21. I push, shove, slap, hit, or kick my partner. 1 2 3 4 5 6 7 8 9

22. My partner pushes, shoves, slaps, hits, or kicks me. 1 2 3 4 5 6 7 8 9

C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM,

- | | | | | | | | | | | | Very Unlikely | | Very Likely |
|--|---|---|---|---|---|---|---|---|---|--|---------------|--|-------------|
| 23. <u>Mutual Understanding.</u> Both my partner and I feel understood by each other. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | |
| 24. <u>Mutual Withdrawal.</u> Both my partner and I withdraw from each other. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | |
| 25. <u>Mutual Resolution.</u> Both my partner and I feel that the problem has been solved. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | |
| 26. <u>Mutual Withholding.</u> Neither I nor my partner is giving to the other. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | |
| 27. <u>Mutual Reconciliation.</u> Both my partner and I try to be especially nice to each other. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | |

Guilt/Hurt.

28. I feel guilty for what I said or did while my partner feels hurt. 1 2 3 4 5 6 7 8 9

29. My partner feels guilty for what he or she said or did while I feel hurt. 1 2 3 4 5 6 7 8 9

Reconcile/Withdraw.

30. I try to be especially nice, and act as if things are back to normal, while my partner acts distant. 1 2 3 4 5 6 7 8 9

31. My partner tries to be especially nice, and act as if things are back to normal, while I act distant. 1 2 3 4 5 6 7 8 9

Pressure/Resist.

32. I pressure my partner to apologize or promise to do better, while my partner resists. 1 2 3 4 5 6 7 8 9

33. My partner pressures me to apologize or promise to do better, while I resist. 1 2 3 4 5 6 7 8 9

Support Seeking.

34. I seek support from others (parent, friend, children, etc.) 1 2 3 4 5 6 7 8 9

35. My partner seeks support from others (parent, friend, children, etc.) 1 2 3 4 5 6 7 8 9