



The Gottman 19 Areas Checklist for Solvable and Perpetual Problems

Instructions. Please think about how things are RIGHT NOW in each of the following areas of your relationship. Think about each area of your life together and decide if this area is fine or if it needs improvement. For each of the statements below, check the box that best describes your relationship.

1. We are staying emotionally connected **or** becoming emotionally distant .

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

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

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2. We are handling job and other stresses effectively **or** experiencing the *spill-over* of other stresses .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
Helping each other reduce daily stresses	<input type="radio"/>	<input type="radio"/>
Talking about these stresses together.	<input type="radio"/>	<input type="radio"/>
Talking together about stress in a helpful manner.	<input type="radio"/>	<input type="radio"/>
Partner listening with understanding about my stresses and worries.	<input type="radio"/>	<input type="radio"/>
Partner takes job or other stresses out on me.	<input type="radio"/>	<input type="radio"/>
Partner takes job or other stresses out on others in our life.	<input type="radio"/>	<input type="radio"/>

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

3. We are handling issues or disagreements well **or** gridlocking on one or more issues .

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

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

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4. Our 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	Is a problem
My partner has stopped being verbally affectionate.	<input type="radio"/>	<input type="radio"/>
My partner expresses love or admiration less frequently.	<input type="radio"/>	<input type="radio"/>
We rarely touch each other.	<input type="radio"/>	<input type="radio"/>
My partner (or I) have stopped feeling very romantic.	<input type="radio"/>	<input type="radio"/>
We rarely cuddle.	<input type="radio"/>	<input type="radio"/>
We have few tender or passionate moments.	<input type="radio"/>	<input type="radio"/>

If things are fine, describe how you are managing this area of your lives. If things are not fine, describe 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	Is a problem
The frequency of sex.	<input type="radio"/>	<input type="radio"/>
The satisfaction I (or my partner) get from sex.	<input type="radio"/>	<input type="radio"/>
Being able to talk about sexual problems.	<input type="radio"/>	<input type="radio"/>
The two of us wanting different things sexually.	<input type="radio"/>	<input type="radio"/>
Problems of desire.	<input type="radio"/>	<input type="radio"/>
The amount of love in our lovemaking.	<input type="radio"/>	<input type="radio"/>

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

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6. An important event (e.g., changes in job or residence, the loss of a job or loved one, an illness) has occurred in our lives. Yes No

The relationship is dealing with this well **or** it is not dealing with this well .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
We have very different points of view on how to handle things.	<input type="radio"/>	<input type="radio"/>
This event has led my partner to be very distant.	<input type="radio"/>	<input type="radio"/>
This event has made us both irritable.	<input type="radio"/>	<input type="radio"/>
This event has led to a lot of fighting.	<input type="radio"/>	<input type="radio"/>
I'm worried about how this will all turn out.	<input type="radio"/>	<input type="radio"/>
We are now taking up very different positions.	<input type="radio"/>	<input type="radio"/>

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

7. Major issues about children have arisen (this could be about whether to be parents).

Yes No

The relationship is dealing with this well **or** it is not dealing with this well .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
We have very different points of view on goals for children.	<input type="radio"/>	<input type="radio"/>
We have different positions on what to discipline children for.	<input type="radio"/>	<input type="radio"/>
We have different positions on how to discipline children.	<input type="radio"/>	<input type="radio"/>
We have issues about how to be close to our children.	<input type="radio"/>	<input type="radio"/>
We are not talking about these issues very well.	<input type="radio"/>	<input type="radio"/>
There is a lot of tension or anger about these differences.	<input type="radio"/>	<input type="radio"/>

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

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8. Major issues/events have arisen about in-laws, a relative, **or** relatives. Yes No

The relationship is dealing with this well **or** it is not dealing with this well .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
I feel unaccepted by my partner's family.	<input type="radio"/>	<input type="radio"/>
I sometimes wonder which family my partner is in.	<input type="radio"/>	<input type="radio"/>
I feel unaccepted by my own family.	<input type="radio"/>	<input type="radio"/>
There is tension between us about what might happen.	<input type="radio"/>	<input type="radio"/>
This issue has generated a lot of irritability.	<input type="radio"/>	<input type="radio"/>
I am worried about how this is going to turn out.	<input type="radio"/>	<input type="radio"/>

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

9. Being attracted to other people or jealousy is not an issue , **or** my partner is flirtatious or there may be a recent extra relationship affair .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
This area is a source of a lot of hurt.	<input type="radio"/>	<input type="radio"/>
This is an area that creates insecurity.	<input type="radio"/>	<input type="radio"/>
I can't deal with the lies.	<input type="radio"/>	<input type="radio"/>
It is hard to re-establish trust.	<input type="radio"/>	<input type="radio"/>
There is a feeling of betrayal.	<input type="radio"/>	<input type="radio"/>
It's hard to know how to heal this.	<input type="radio"/>	<input type="radio"/>

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

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10. There has been a recent extra-relationship affair (or I suspect there is one) , or this is not an issue .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
This is a source of a lot of pain.	<input type="radio"/>	<input type="radio"/>
This has created insecurity.	<input type="radio"/>	<input type="radio"/>
I can't deal with the deception and lying.	<input type="radio"/>	<input type="radio"/>
I can't stop being angry.	<input type="radio"/>	<input type="radio"/>
I can't deal with my partner's anger.	<input type="radio"/>	<input type="radio"/>
I want this to be over, but it seems to never end.	<input type="radio"/>	<input type="radio"/>
I am tired of apologizing.	<input type="radio"/>	<input type="radio"/>
It's hard to trust again.	<input type="radio"/>	<input type="radio"/>
I feel that our relationship has been violated.	<input type="radio"/>	<input type="radio"/>
It is hard to know how to heal this.	<input type="radio"/>	<input type="radio"/>

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

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

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

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

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12. 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	Is a problem
Differences have arisen in life goals.	<input type="radio"/>	<input type="radio"/>
Differences have arisen about important beliefs.	<input type="radio"/>	<input type="radio"/>
Differences have arisen on leisure time interests.	<input type="radio"/>	<input type="radio"/>
We seem to be wanting different things out of life.	<input type="radio"/>	<input type="radio"/>
We are growing in different directions.	<input type="radio"/>	<input type="radio"/>
I don't much like who I am with my partner.	<input type="radio"/>	<input type="radio"/>

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

13. Very hard events (for example, violence, drugs, an affair) have occurred within the relationship. Yes No . The relationship is dealing with this well or it is not dealing with this well .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
There has been physical violence between us.	<input type="radio"/>	<input type="radio"/>
There is a problem with alcohol or drugs.	<input type="radio"/>	<input type="radio"/>
This is turning into a relationship I hadn't bargained for.	<input type="radio"/>	<input type="radio"/>
The "contract" of our couples relationship is changing.	<input type="radio"/>	<input type="radio"/>
I find some of what my partner wants upsetting or repulsive.	<input type="radio"/>	<input type="radio"/>
I am now feeling somewhat disappointed by this relationship.	<input type="radio"/>	<input type="radio"/>

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

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14. 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	Is a problem
We used to share more of the household's workload.	<input type="radio"/>	<input type="radio"/>
We seem to be pulling in opposite directions.	<input type="radio"/>	<input type="radio"/>
My partner does not share in housework or family chores.	<input type="radio"/>	<input type="radio"/>
My partner is not carrying their weight financially.	<input type="radio"/>	<input type="radio"/>
I feel alone in managing our family.	<input type="radio"/>	<input type="radio"/>
My partner is not being very considerate.	<input type="radio"/>	<input type="radio"/>

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

15. 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	Is a problem
I don't feel influential in decisions we make.	<input type="radio"/>	<input type="radio"/>
My partner has become more domineering.	<input type="radio"/>	<input type="radio"/>
I have become more demanding.	<input type="radio"/>	<input type="radio"/>
My partner has become passive.	<input type="radio"/>	<input type="radio"/>
My partner is "spacey," not a strong force in our relationship.	<input type="radio"/>	<input type="radio"/>
I am starting to care a lot more about who is running things.	<input type="radio"/>	<input type="radio"/>

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

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16. 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	Is a problem
I or my partner just doesn't bring in enough money.	<input type="radio"/>	<input type="radio"/>
We have differences about how to spend our money.	<input type="radio"/>	<input type="radio"/>
We are stressed about finances.	<input type="radio"/>	<input type="radio"/>
My partner is financially more interested in themselves than in us.	<input type="radio"/>	<input type="radio"/>
We are not united in managing our finances.	<input type="radio"/>	<input type="radio"/>
There is not enough financial planning.	<input type="radio"/>	<input type="radio"/>

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

17. We are doing well having fun together , **or** we are not having very much fun together .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
We don't seem to have very much time for fun.	<input type="radio"/>	<input type="radio"/>
We try but don't seem to enjoy our times together very much.	<input type="radio"/>	<input type="radio"/>
We are too stressed for fun.	<input type="radio"/>	<input type="radio"/>
Work takes up all our time these days.	<input type="radio"/>	<input type="radio"/>
Our interests are so different now that there are no fun things we like to do together.	<input type="radio"/>	<input type="radio"/>
We plan fun things to do, but they never happen.	<input type="radio"/>	<input type="radio"/>

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

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18. We are feeling close in building/being a part of the community together , **or** we are not feeling close in building/being a part of the community together .

<i>Check all the specific items below:</i>	Not a problem	Is a problem
Being involved with friends and other people or groups.	<input type="radio"/>	<input type="radio"/>
Caring about the institutions that build communities.	<input type="radio"/>	<input type="radio"/>
Putting time into the institutions of community (e.g., school, agencies).	<input type="radio"/>	<input type="radio"/>
Doing projects or work for charity.	<input type="radio"/>	<input type="radio"/>
Doing other good deeds for members of the community.	<input type="radio"/>	<input type="radio"/>
Taking a leadership role in the service of community.	<input type="radio"/>	<input type="radio"/>

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

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

<i>Check all the specific items below:</i>	Not a problem	Is a problem
Sharing the same beliefs.	<input type="radio"/>	<input type="radio"/>
Agreeing about religious ideas and values.	<input type="radio"/>	<input type="radio"/>
Issues about specific house of worship (mosque, church, synagogue).	<input type="radio"/>	<input type="radio"/>
Communicating well about spiritual things.	<input type="radio"/>	<input type="radio"/>
Issues that are about spiritual growth and change.	<input type="radio"/>	<input type="radio"/>
Spiritual issues involving our family.	<input type="radio"/>	<input type="radio"/>

If things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship. See below for a chart showing Gottman's four horsemen and how to stop them.

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THE FOUR HORSEMEN

AND HOW TO STOP THEM WITH THEIR ANTIDOTES

CRITICISM

Verbally attacking personality or character.



GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.



CONTEMPT

Attacking sense of self with an intent to insult or abuse.



BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.



DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



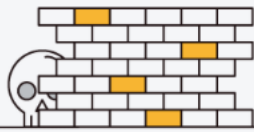
TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.



STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.



PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.



The Gottman Institute

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