

Communication Patterns Questionnaire Long Form

Andrew Christensen & Megan Sullaway

Directions: We are interested in how you and your partner typically deal with problems in your relationship. Please rate <u>each item</u> on a scale of 1 (= very <u>unlikely</u>) to 9 (= very likely).

A. WHEN SOME PROBLEM IN MY RELATIONSHIP ARISES,

			Very Likely						
Mutual Avoidance. Both my partner and I avoid discussing the problem.	1	2	3	4	5	6	7	8	9
2. <u>Mutual Discussion</u> . Both my partner and I try to discuss the problem.	1	2	3	4	5	6	7	8	9
<u>Discussion/Avoidance</u>.3. I try to start a discussion while my partner tries to avoid a discussion.	1	2	3	4	5	6	7	8	9
4. My partner tries to start a discussion while I try to avoid a discussion.	1	2	3	4	5	6	7	8	9
B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,									
5. Mutual Blame. Both my partner and I blame, accuse, and criticize one another	1 :.	2	3	4	5	6	7	8	9
6. <u>Mutual Expression</u> . Both my partner and I express our feelings to each other.	1	2	3	4	5	6	7	8	9
7. <u>Mutual Threat</u> . Both my partner and I threaten one another with negative cons	1 sequer	2 nces.	3	4	5	6	7	8	9

8. <u>Mutual Negotiation</u> . Both my partner and suggest possible solutions and compressions.		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.		2	3	4	5	6	7	8	9
10. My partner nags and demands wh withdraw, become silent, or refuse to discuss the matter further.	ile I 1	2	2 3	3 4	5	6	5 7	8	9
B. DURING A DISCUSSION OF A RELA	ATION	SHI	P PI	ROBL	EM,				
				ery Inlikel	y			Very Like	
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		9
Pressure/Resist. 13. I pressure my partner to take some or stop some action, while my partner			2	3	4	5	6 7	7 8	9
14. My partner pressures me to take s or stop some action, while I resist.	some ac	tion	1	2 3	4	5	6	7 8	9
Emotional/Logical. 15. I express feelings while my partner offers reasons and solutions.	er 1	2	3	4	5	6	7	8	9
16. My partner expresses feelings wh offer reasons and solutions.	ile I	1	2	3	4 5	5 6	7	8	9
Threat/Back down. 17. I threaten negative consequences and my partner gives in or backs down.		2	3	4	5	6	7 8	9	
18. My partner threatens negative cor and I give in or back down.	ısequen	ices	1	2 3	4	5	6	7 8	9

Verbal Aggression. 19. I call my partner names, swear at 1 2 3 4 5 6 7 8 9 my partner, or attack my partner's character. 20. My partner calls me names, swears at 1 2 3 4 5 6 7 8 9 me, or attacks my character. Physical Aggression. 21. I push, shove, slap, hit, or kick 1 2 3 4 5 6 my partner. 22. My partner pushes, shoves, slaps, hits, 1 2 3 4 5 6 7 or kicks me. C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM, Very Very

	Unlikely						Likely		
23. <u>Mutual Understanding</u> . Both my partner and I feel understood by each other.	2	3	4	5	6	7	8	9	
24. <u>Mutual Withdrawal</u> . Both my partner and 1 I withdraw from each other.	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 1 2 act as if things are back to normal, while I act distant.	3	4	5	6	7	8	9
Pressure/Resist.							
32. I pressure my partner to apologize or 1 2 promise to do better, while my partner resists.	3	4	5	6	7	8	9
33. My partner pressures me to apologize or 1 2 promise to do better, while I resist.	3	4	5	6	7	8	9
Support Seeking.							
34. I seek support from others (parent, friend, 1 2 children, etc.)	3	4	5	6	7	8	9
35. My partner seeks support from others (parent, 1 friend, children, etc.)	2 3	4	5	6	7	8	9