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**COMMUNICATION PATTERNS QUESTIONNAIRE**

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

**A. WHEN SOME PROBLEM IN MY RELATIONSHIP ARISES,**

Very Very

# Unlikely Likely

1. Mutual Avoidance. Both my partner and I 1 2 3 4 5 6 7 8 9

avoid discussing the problem.

2. Mutual Discussion. Both my partner and I 1 2 3 4 5 6 7 8 9

try to discuss the problem.

Discussion/Avoidance.

3. I try to start a discussion while 1 2 3 4 5 6 7 8 9

my partner tries to avoid a discussion.

4. My partner tries to start a discussion 1 2 3 4 5 6 7  8 9

while I try to avoid a discussion.

**B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,**

5. Mutual Blame. Both my partner and I 1 2 3 4 5 6 7 8 9

blame, accuse, and criticize one another.

6. Mutual Expression. Both my partner and I 1 2 3 4 5 6 7 8 9

express our feelings to each other.

7. Mutual Threat. Both my partner and I 1 2 3 4 5 6 7 8 9

threaten one another with negative consequences.

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

suggest possible solutions and compromises.

Demand/Withdraw.

9. I nag and demand while my partner 1 2 3 4 5 6 7 8 9

withdraws, becomes silent, or refuses

to discuss the matter further.

10. My partner nags and demands while I 1 2 3 4 5 6 7 8 9

withdraw, become silent, or refuse

to discuss the matter further.

**B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,**

Very Very

Unlikely Likely

Criticize/Defend.

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

defends himself or herself.

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

defend myself.

Pressure/Resist.

13. I pressure my partner to take some action 1 2 3 4 5 6 7 8 9

or stop some action, while my partner resists.

14. My partner pressures me to take some action 1 2 3 4 5 6 7 8 9

or stop some action, while I resist.

Emotional/Logical.

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

offers reasons and solutions.

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

offer reasons and solutions.

Threat/Back down.

17. I threaten negative consequences 1 2 3 4 5 6 7 8 9

and my partner gives in or backs down.

18. My partner threatens negative consequences 1 2 3 4 5 6 7 8 9

and I give in or back down.

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 7 8 9

my partner.

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

or kicks me.

**C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM,**

Very Very

Unlikely Likely

23. Mutual Understanding. Both my partner 1 2 3 4 5 6 7 8 9

and I feel understood by each other.

24. Mutual Withdrawal. Both my partner and 1 2 3 4 5 6 7 8 9

I withdraw from each other.

25. Mutual Resolution. Both my partner and I feel 1 2 3 4 5 6 7 8 9

that the problem has been solved.

26. Mutual Withholding. Neither I nor my partner 1 2 3 4 5 6 7 8 9

is giving to the other.

27. Mutual Reconciliation. Both my partner and I 1 2 3 4 5 6 7 8 9

try to be especially nice to each other.

Guilt/Hurt.

28. I feel guilty for what I said or did 1 2 3 4 5 6 7 8 9

while my partner feels hurt.

29. My partner feels guilty for what he or 1 2 3 4 5 6 7 8 9

she said or did while I feel hurt.

Reconcile/Withdraw.

30. I try to be especially nice, and act

as if things are back to normal, 1 2 3 4 5 6 7 8 9

while my partner acts distant.

31. My partner tries to be especially nice, and

act as if things are back to normal, 1 2 3 4 5 6 7 8 9

while I act distant.

Pressure/Resist.

32. I pressure my partner to apologize or 1 2 3 4 5 6 7 8 9

promise to do better, while my partner resists.

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, 1 2 3 4 5 6 7 8 9

children, etc.)

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

friend, children, etc.)