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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.)