

Client ID#: _____ Date: _____

The Sound Relationship House Questionnaires (5 item scale)

Love Maps

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	TRUE	FALSE
I can tell you some of my partner's life dreams.	<input type="checkbox"/>	<input type="checkbox"/>
I can list the relatives my partner likes the least.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is familiar with what are my current stresses.	<input type="checkbox"/>	<input type="checkbox"/>
I can list my partner's major aspirations and hopes in life.	<input type="checkbox"/>	<input type="checkbox"/>
I know my partner's major current worries.	<input type="checkbox"/>	<input type="checkbox"/>

Fondness and Admiration System

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	TRUE	FALSE
My partner really respects me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel loved and cared for in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>
Romance is something our relationship definitely still has in it.	<input type="checkbox"/>	<input type="checkbox"/>
When I come into a room, my partner is glad to see me.	<input type="checkbox"/>	<input type="checkbox"/>
My partner appreciates the things I do in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>

Turning Towards or Away

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	TRUE	FALSE
I really enjoy discussing things with my partner.	<input type="checkbox"/>	<input type="checkbox"/>
We always have a lot to say to each other.	<input type="checkbox"/>	<input type="checkbox"/>
We have a lot of fun together in our everyday lives.	<input type="checkbox"/>	<input type="checkbox"/>
We really have a lot of interests in common.	<input type="checkbox"/>	<input type="checkbox"/>
We like to do a lot of the same things.	<input type="checkbox"/>	<input type="checkbox"/>

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TRUST

Instructions: For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. There were important times when my partner has not been there for me emotionally when I was really in need.					
2. My partner has been or is emotionally involved with someone else, which feels like a betrayal.					
3. My partner has been or is sexually involved with someone else, which feels like a betrayal.					
4. I don't have much trust in any relationship.					
5. Once, when I really needed to turn to my partner for emotional support, I was terribly disappointed and left utterly alone.					
6. Sometimes I don't feel important to my partner.					
7. My partner has forced me to do some things against my principles, or to do things that I find objectionable, repulsive, or disgusting.					
8. My partner lies to me.					
9. There are some wounds my partner has created that can never fully heal between us.					
10. My trust in this relationship has been seriously shattered.					
11. I don't feel that I am my partner's first or even major priority in his or her life.					
12. My partner has cheated me and I feel betrayed by that.					
13. My partner has betrayed me financially.					
14. When going through hard times in our relationship, I don't feel I can count on my partner to be there for me.					
15. Our vows aren't really sacred to my partner.					
16. My partner can be deceitful with me in many ways.					
17. When I get sick I am abandoned by my partner.					
18. I can't really count on my partner.					
19. If I should have financial problems my financial problems are totally my own. I cannot rely on my partner to help me out.					
20. I suspect that my partner has betrayed our relationship contract in the past.					
21. My partner is not really loyal to me.					

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COMMITMENT

Instructions: For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. I feel confident that my partner will stay in this relationship even if we are going through hard times.					
2. When I am feeling bad, my partner is willing to meet my needs.					
3. During a fight, my partner does not threaten to leave me.					
4. I am committed to this relationship.					
5. I consider my relationship rock solid.					
6. I would refuse to have sex with a person other than my partner.					
7. I will sometimes make major sacrifices for my partner even if it goes against what I need.					
8. I make sure that my partner feels loved by me.					
9. When my partner is sick, I think it is very important that I take care of him or her.					
10. When I compromise with my partner, I don't feel controlled and manipulated.					
11. Being a team is sometimes more important to me than my own needs					
12. I feel that my partner's financial security is in part my responsibility.					
13. If my partner were in emotional trouble, I would be there 100%.					
14. After an argument, I am not thinking that I could be happier with someone else.					
15. During a fight, I do not threaten to leave my partner.					
16. I am not waiting for someone better to come along.					
17. We are not usually engaged in a power struggle.					
18. I want to stay with my partner forever.					
19. I would avoid flirting if it made my partner feel insecure.					
20. No matter what's going on, I never fantasize about divorce or separation.					
21. No matter how bad things get I never long for the days when I was single.					

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COMMITMENT (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
22. I never envy my friends who are single.					
23. I never fantasize about what life would be like being someone else's partner.					
24. I love it when my partner and I dream about our future together.					
25. I love thinking about my partner and I growing old together					
26. My worst nightmare is my partner dying before me.					
27. I feel loved by my partner.					

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Negative Sentiment Override

Fill this form out thinking about your immediate past (last 2 to 4 weeks) or a recent discussion of an existing issue. Read each statement and place a check mark in the appropriate TRUE or FALSE box.

IN THE RECENT PAST IN MY RELATIONSHIP, GENERALLY	TRUE	FALSE
I felt innocent of blame for this problem.	<input type="checkbox"/>	<input type="checkbox"/>
I felt unjustly accused	<input type="checkbox"/>	<input type="checkbox"/>
I felt personally attacked.	<input type="checkbox"/>	<input type="checkbox"/>
I felt unjustly criticized.	<input type="checkbox"/>	<input type="checkbox"/>
I wanted the negativity to just stop.	<input type="checkbox"/>	<input type="checkbox"/>

Harsh Startup

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR ISSUES	TRUE	FALSE
Arguments often seem to come out of nowhere.	<input type="checkbox"/>	<input type="checkbox"/>
I seem to always get blamed for issues.	<input type="checkbox"/>	<input type="checkbox"/>
My partner criticizes my personality.	<input type="checkbox"/>	<input type="checkbox"/>
Our calm is suddenly shattered.	<input type="checkbox"/>	<input type="checkbox"/>
I find my partner's negativity unnerving and unsettling.	<input type="checkbox"/>	<input type="checkbox"/>

Accepting Influence

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR ISSUES	TRUE	FALSE
I generally want my partner to feel influential in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>
I can listen to my partner, but only up to a point.	<input type="checkbox"/>	<input type="checkbox"/>
My partner has a lot of basic common sense.	<input type="checkbox"/>	<input type="checkbox"/>
I don't reject my partner's opinions out of hand.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is basically a great help as a problem solver.	<input type="checkbox"/>	<input type="checkbox"/>

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Repair Attempts

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US	TRUE	FALSE
We are good at taking breaks when we need them.	<input type="checkbox"/>	<input type="checkbox"/>
Even when arguing, we can maintain a sense of humor.	<input type="checkbox"/>	<input type="checkbox"/>
We are pretty good listeners even when we have different positions on things.	<input type="checkbox"/>	<input type="checkbox"/>
If things get heated, we can usually pull out of it and change things.	<input type="checkbox"/>	<input type="checkbox"/>
My partner is good at soothing me when I get upset.	<input type="checkbox"/>	<input type="checkbox"/>

Compromise

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US	TRUE	FALSE
We are usually good at resolving our differences.	<input type="checkbox"/>	<input type="checkbox"/>
We both believe in meeting each other halfway when we disagree.	<input type="checkbox"/>	<input type="checkbox"/>
In discussing issues, we can usually find our common ground of agreement.	<input type="checkbox"/>	<input type="checkbox"/>
Yielding power is not very difficult for me.	<input type="checkbox"/>	<input type="checkbox"/>
Give and take in making decisions is not a problem in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>

Gridlock on Perpetual Issues

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR ISSUES	TRUE	FALSE
We keep hurting each other whenever we discuss our core issues.	<input type="checkbox"/>	<input type="checkbox"/>
My partner has a long list of basically unreasonable demands.	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel respected when we disagree.	<input type="checkbox"/>	<input type="checkbox"/>
My partner often acts in a selfish manner.	<input type="checkbox"/>	<input type="checkbox"/>
When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.	<input type="checkbox"/>	<input type="checkbox"/>

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The Four Horsemen

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR ISSUES	TRUE	FALSE
I have to defend myself because the charges against me are so unfair.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel unappreciated by my partner.	<input type="checkbox"/>	<input type="checkbox"/>
My partner doesn't face issues responsibly and maturely.	<input type="checkbox"/>	<input type="checkbox"/>
I am just not guilty of many of the things I get accused of.	<input type="checkbox"/>	<input type="checkbox"/>
My partner has a lot of trouble being rational and logical.	<input type="checkbox"/>	<input type="checkbox"/>

Flooding

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	TRUE	FALSE
Our discussions get too heated.	<input type="checkbox"/>	<input type="checkbox"/>
I have a hard time calming down.	<input type="checkbox"/>	<input type="checkbox"/>
One of us is going to say something we will regret.	<input type="checkbox"/>	<input type="checkbox"/>
I think to myself, "Why can't we talk more logically?"	<input type="checkbox"/>	<input type="checkbox"/>
My partner has a long list of unreasonable demands.	<input type="checkbox"/>	<input type="checkbox"/>

Emotional Disengagement and Loneliness

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

STATEMENT	TRUE	FALSE
I often find myself disappointed in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>
I will at times find myself quite lonely in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>
It is hard for my deepest feelings to get much attention in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>
There is not enough closeness between us.	<input type="checkbox"/>	<input type="checkbox"/>
I have adapted to a lot in this relationship, and I am not so sure it's a good idea.	<input type="checkbox"/>	<input type="checkbox"/>

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Quality of Sex, Romance, and Passion in the Relationship

For each item check the one box below that applies to your relationship right now:

1. Our relationship is	<input type="radio"/>	Romantic and passionate
	<input type="radio"/>	Becoming passionless, that is, the fire is going out
2. I would say that	<input type="radio"/>	My partner is still verbally affectionate
	<input type="radio"/>	My partner is not very verbally affectionate
3. I would say that	<input type="radio"/>	My partner expresses love and admiration to me
	<input type="radio"/>	My partner expresses love or admiration less frequently these days
4. I would say that	<input type="radio"/>	We do touch each other a fair amount
	<input type="radio"/>	We rarely touch each other these days
5. I would say that	<input type="radio"/>	My partner courts me sexually
	<input type="radio"/>	My partner does not court me sexually
6. I would say that	<input type="radio"/>	We do cuddle with one another
	<input type="radio"/>	We rarely cuddle with one another
7. I would say that	<input type="radio"/>	We still have our tender and passionate moments
	<input type="radio"/>	We have few tender or passionate moments
8. I would say that	<input type="radio"/>	Our sex life is fine
	<input type="radio"/>	There are definite problems in this area
9. I would say that	<input type="radio"/>	The frequency of sex is not a problem
	<input type="radio"/>	The frequency of sex is a problem
10. I would say that	<input type="radio"/>	The satisfaction I get from sex is not a problem
	<input type="radio"/>	The satisfaction I get from sex is a problem
11. I would say that	<input type="radio"/>	Being able to just talk about sex, or talk about sexual problems is not a serious issue between us
	<input type="radio"/>	Being able to just talk about sex, or talk about sexual problems is a serious issue between us
12. I would say that	<input type="radio"/>	The two of us generally want the same thing sexually
	<input type="radio"/>	The two of us want different things sexually
13. I would say that	<input type="radio"/>	Differences in desire are not an issue in this relationship
	<input type="radio"/>	Differences in desire are an issue in this relationship
14. I would say that	<input type="radio"/>	The amount of love in our lovemaking is not a problem
	<input type="radio"/>	The amount of love in our lovemaking is a problem

Shared Meanings Questionnaire

We want you to think about how well you and your partner have been able to create a sense of shared meaning in your lives together. We think that when people become committed to one another they create a new culture, and some relationships also involve the union of two very different cultures. But even if two people are coming from the same regional, cultural, ethnic, and religious backgrounds, they will have been raised in two very different families, and their merging involves the creation of a new culture.

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

YOUR RITUALS	True	False
Reunions at the end of each day in our home are generally special times in my day.	<input type="checkbox"/>	<input type="checkbox"/>
During weekends, we do a lot of things together that we enjoy and value.	<input type="checkbox"/>	<input type="checkbox"/>
I really look forward to and enjoy our vacations and the travel we do together.	<input type="checkbox"/>	<input type="checkbox"/>
When we do errands together, we generally have a good time.	<input type="checkbox"/>	<input type="checkbox"/>
We have ways of becoming renewed and refreshed when we are burned out or fatigued.	<input type="checkbox"/>	<input type="checkbox"/>

YOUR ROLES	True	False
We share many similar values in our roles as lovers and partners.	<input type="checkbox"/>	<input type="checkbox"/>
My partner and I have compatible views about the role of work in one's life.	<input type="checkbox"/>	<input type="checkbox"/>
My partner and I have similar philosophies about balancing work and family life.	<input type="checkbox"/>	<input type="checkbox"/>
My partner supports what I would see as my basic mission in life.	<input type="checkbox"/>	<input type="checkbox"/>
My partner shares my views on the importance of family and kin (sisters, brothers, moms, dads) in our life together.	<input type="checkbox"/>	<input type="checkbox"/>

YOUR GOALS	True	False
If I were to look back on my life in very old age, I think I would see that our paths in life had meshed very well.	<input type="checkbox"/>	<input type="checkbox"/>
My partner values my own accomplishments.	<input type="checkbox"/>	<input type="checkbox"/>
My partner honors my own very personal goals, unrelated to my relationship.	<input type="checkbox"/>	<input type="checkbox"/>
We have very similar financial goals.	<input type="checkbox"/>	<input type="checkbox"/>
Our hopes and aspirations, as individuals and together, for our children, for our life in general, and for our old age are quite compatible.	<input type="checkbox"/>	<input type="checkbox"/>

YOUR SYMBOLS	True	False
We see eye-to-eye about what "home" means.	<input type="checkbox"/>	<input type="checkbox"/>
We have similar views about the role of sex in our lives.	<input type="checkbox"/>	<input type="checkbox"/>
We have similar views about the role of love and affection in our lives.	<input type="checkbox"/>	<input type="checkbox"/>
We have similar values about the importance and meaning of money in our lives.	<input type="checkbox"/>	<input type="checkbox"/>
We have similar values about "autonomy" and "independence."	<input type="checkbox"/>	<input type="checkbox"/>