

The Three "Detour" Scales

CHAOS

Instructions: Check Yes or No for each item below.

STATEMENT	YES	NO
1. Does your home life together feel chaotic?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there any sense of disorder in your life together?	<input type="checkbox"/>	<input type="checkbox"/>
3. In this relationship are you unable to function well in your own life?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do major unplanned events keep happening to the two of you?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are the two of you always having to adapt to changing circumstances?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you sometimes feel personally out of control of your life?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you sometimes feel like a "feather in the wind" in this relationship?	<input type="checkbox"/>	<input type="checkbox"/>
8. Is it hard for you both able to work regularly?	<input type="checkbox"/>	<input type="checkbox"/>
9. Is it hard for the two of you to maintain a regular and reliable schedule?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does your financial life seem unstable?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do your finances feel out of control?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do the two of you have trouble eating well (nutritiously)?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have the two of you been unable to have a routine for grocery shopping?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have the two of you been unable to have a regular routine for meals?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have the two of you been unable to maintain good health?	<input type="checkbox"/>	<input type="checkbox"/>

META-EMOTIONS (YOUR OWN FEELINGS ABOUT EMOTIONS)

What's your emotion philosophy?

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 try not to think much about my own emotional states.					
2. I believe that people should just roll with the punches and get on with life.					
3. There's not much point in dwelling on your inner feelings.					
4. I generally view being emotional as being out of control.					
5. People ought to be more rational and less emotional.					

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META-EMOTIONS (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
6. I think expressing emotion is okay only if it's in control.					
7. Anger is a very dangerous emotion.					
8. People often act emotional just to get what they want.					
9. If you ignore negative emotions, they tend to go away and take care of themselves.					
10. It is best to just "ride out" negative emotions and not dwell on them.					
11. I don't mind other people's negative moods as long as they don't last too long.					
12. I try to get over sadness quickly so I can move on to better things.					
13. I set some definite limits on other people's staying in a negative emotional state.					
14. I tend to get impatient with people's sadness.					
15. I believe in not paying attention to people if they aren't positive or cheerful.					
16. People can't be very rational if they are being emotional.					
17. I really don't want to experience negative emotions.					
18. It isn't important to dwell on why you are feeling the way you feel.					
19. When people get sad they are just feeling sorry for themselves.					
20. I think if you want to you can make yourself feel positively about almost anything.					
21. I am not sure anything can be done when someone is feeling down.					
22. I just don't think people should ever show their anger.					
23. It is unnecessary to look deeply at the causes of one's emotions.					
24. I just try not to make a big deal out of my own emotions.					
25. There is very little to be gained by dwelling on why one is feeling a certain way.					
26. People can definitely not tell what I am feeling.					
27. Anger is always a very toxic emotion.					
28. Feelings are private and I try not to express them outwardly.					
29. There's not much difference between anger and aggression.					

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META-EMOTIONS (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
30. Expressions of affection are usually embarrassing for me.					
31. I try to avoid people when they are sad.					
32. Generally, I am fairly neutral and don't experience very much emotion.					
33. Sadness is a form of weakness.					
34. Feelings are best kept to one's self.					
35. Ideally, it is better to stay in control, upbeat, and positive.					
36. If people are emotional they may lose control.					
37. To get over a negative emotion, just get on with life and don't dwell on things.					
38. I don't feel comfortable with outward displays of love.					
39. People ought to know when you love them without your having to say so.					
40. Dwelling on your fears just is an excuse for not getting things done.					
41. In general it's better not to express your sad feelings.					
42. I'm not sure that there's much that can be done to change strong negative feelings.					
43. Trying to problem solve with an emotional person is a waste of time.					
44. When my partner is angry it means there is something wrong with our relationship.					
45. Just the passage of time solves most things.					

MY FAMILY HISTORY

We'd like to ask you some questions about stresses and supports you experienced as a child growing up in your family. Please answer these questions as honestly as you can. 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. The family I grew up in struggled financially.					
2. I was physically abused by my parent(s).					
3. My relationships with my siblings were not close.					
4. I was sexually abused or molested in my family.					
5. My family home was a place of instability and insecurity.					

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MY FAMILY HISTORY (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
6. My family moved too often.					
7. My parents were not affectionate toward me.					
8. One or both of my parents were alcoholic.					
9. My parents were unhappy with one another.					
10. I never really trusted my parents.					
11. My parents had no faith in my abilities.					
12. My parents didn't praise me very much.					
13. My parents didn't often show me that they loved me.					
14. I was lonely as a child.					
15. My parents didn't protect me from danger very well.					
16. We didn't travel very much together as a family.					
17. Growing up I could never talk to my parents about my feelings.					
18. My home was very chaotic.					
19. My parents used unnecessarily strict and harsh discipline.					
20. It was never okay for me to tell my parents what my needs were.					
21. I was not accepted by my peers.					
22. My parents would use shame, or belittle me.					
23. There was no love and affection expressed in my family.					
24. Ours was not a child-centered home.					
25. The kids were ignored by my parents.					
26. There was lots of rivalry between my siblings.					
27. My home was not open socially to guests and visitors.					
28. My parent(s) used illicit drugs or alcohol.					
29. My parents forced me to do a lot of chores.					
30. There was a lot of conflict in my family.					
31. My parents gave me very little freedom to explore my interests.					
32. I experienced cruelty from my family.					
33. I witnessed violence between my parents or adults in my family.					
34. I had no supportive teachers at school.					
35. I didn't have a sense of belonging in my family.					

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MY FAMILY HISTORY (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
36. I experienced abuse or bullying from peers at school.					
37. My parents were not understanding and empathic toward my feelings.					
38. My father was not present, or absent a lot.					
39. My parents were emotionally volatile.					
40. I often got blamed when something went wrong at school.					
41. I had no good friends growing up.					
42. My parents rarely came to my own special events.					
43. My parents had bad temper outbursts.					
44. I didn't get the attention I needed growing up.					
45. My father was a cold person.					
46. My parents were neglectful.					
47. I was not accepted by my peers.					
48. My parents never really knew me well.					
49. There was a lot of tension in my home growing up.					
50. My mother was a cold person.					
51. I was given few choices as a kid.					
52. I was physically hungry as a kid.					
53. I never really got know my father.					
54. I rarely look forward to family gatherings or visits from relatives.					
55. We are not a strong or unified family.					
56. I never took fun vacations with my family.					
57. My family was not emotionally expressive.					
58. My parents were strict and authoritarian.					
59. I dislike some of my brothers or sisters.					
60. I am competitive with one or more of my siblings.					
61. My family was not active in the community.					
62. It was never okay for me to make mistakes.					
63. I was compared unfavorably to others by my parents.					
64. My parents were too perfectionist.					
65. My mother and father were critical of me.					
66. We did not usually eat together as a family.					

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MY FAMILY HISTORY (continued)	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
67. We rarely had fun family holidays together.					
68. My preferences as a kid were usually ignored.					
69. My birthdays were never well celebrated.					
70. My siblings were not given preference over me.					
71. My parents' discipline was inconsistent.					
72. My parents were financially stingy toward me.					
73. There was no music in our home.					
74. There was no laughter in my home growing up.					
75. I couldn't usually come to my parents and ask for help.					
76. I rarely had friends over to my house.					
77. We rarely had fun together as a family.					
78. We rarely played together as a family.					
79. If I had a problem as a kid, I usually kept it to myself.					