

Sound Marital House Questionnaires

Name _____

Date _____ Circle One: Male Female

Part 1: LOVE MAPS

Read each statement and circle TRUE or FALSE.

1. TRUE FALSE I can name my partner's best friends.
2. TRUE FALSE I can tell you what stresses my partner is currently facing.
3. TRUE FALSE I know the names of some of the people who have been irritating in my partner's current life.
4. TRUE FALSE I can tell you some of my partner's life dreams.
5. TRUE FALSE I am very familiar with m' partner's religious beliefs and ideas
6. TRUE FALSE I can tell you about my partner's basic philosophy of life.
7. TRUE FALSE Can list the relatives my partner likes the least.
8. TRUE FALSE I know my partner's favorite music.
9. TRUE FALSE I can list my partner's three favorite movies.
10. TRUE FALSE My spouse is familiar with what are my current stresses.
11. TRUE FALSE I know the three times that have been most special in my partner's life.
12. TRUE FALSE I can tell you the most stressful thing that happened to my partner as a child.
13. TRUE FALSE I can list my partner's major aspirations and hopes in life.
14. TRUE FALSE I know my partner's major current worries.
15. TRUE FALSE My spouse knows who my friends are.
16. TRUE FALSE I know what my partner would want to do if he or she suddenly won the lottery.
17. TRUE FALSE I can tell you in detail my first impressions of my, partner.
18. TRUE FALSE Periodically, I update my knowledge of my partner's world.
19. TRUE FALSE I feel that my partner knows me pretty well.
20. TRUE FALSE My spouse is familiar with my own hopes and aspirations.

F > 4

Part 2: FONDNESS AND ADMIRATION SYSTEM

Read each statement and circle TRUE or FALSE.

21. TRUE FALSE I can easily list the three things I most admire about my partner.
22. TRUE FALSE When we are apart I often think fondly of my partner.
23. TRUE FALSE I will often find some way to tell my partner "I love you."
24. TRUE FALSE I often touch or kiss my partner affectionately.
25. TRUE FALSE My partner really respects me.
26. TRUE FALSE I feel loved and cared for in this relationship
27. TRUE FALSE I feel accepted and liked 1w my partner.
28. TRUE FALSE My partner finds me sexy and attractive.
29. TRUE FALSE My partner turns m on sexually.
30. TRUE FALSE There is fire and passion in this relationship.
31. TRUE FALSE Romance is something our relationship definitely still has in it.
32. TRUE FALSE lam really proud of my partner.
33. TRUE FALSE My partner really enjoys my achievements and accomplishments.
34. TRUE FALSE I can easily tell you why I married my partner.
35. TRUE FALSE If I had it to do all over again I would marry the same person.
36. TRUE FALSE We rarely go to sleep without some show of love or affection.
37. TRUE FALSE When T come into a room my partner's face brightens.
38. TRUE FALSE My partner appreciates the things I do in this marriage.
39. TRUE FALSE My spouse generally likes my personality.
40. TRUE FALSE Our sex life is generally satisfying.

F > 4

Part 4: TURNING TOWARD OR AWAY

Read each statement and circle TRUE or FALSE.

41. TRUE FALSE We enjoy doing even the smallest things together, like folding laundry or watching TV.
42. TRUE FALSE I look forward to spending my free time with my partner
43. TRUE FALSE At the end of a day my partner is glad to see me.
44. TRUE FALSE My partner is usually interested in hearing my views on things.
45. TRUE FALSE I really enjoy discussing things with my partner.
46. TRUE FALSE My partner is one of my best friends.
47. TRUE FALSE I think my partner would consider me a very close friend.
48. TRUE FALSE We love just talking to each other.
49. TRUE FALSE When we go out, the time goes very quickly.
50. TRUE FALSE We always have a lot to say to each other.
51. TRUE FALSE We have a lot of fun together in our everyday lives.
52. TRUE FALSE We are spiritually very compatible.
53. TRUE FALSE We tend to share the same basic values in life.
54. TRUE FALSE We like to spend time together in similar ways.
55. TRUE FALSE We really have a lot of interests in common.
56. TRUE FALSE We have many of the same dreams and life goals.
57. TRUE FALSE We like to do a lot of the same things.
58. TRUE FALSE Even though our interests are somewhat different, I enjoy my partner's interests.
59. TRUE FALSE Whatever we do together we usually tend to have a good time
60. TRUE FALSE My partner tells me when he or she has had a bad day.

F > 4

Part 3: NEGATIVE PERSPECTIVE

Fill this form out thinking about your immediate past (last 2 to 4 weeks), or a recent discussion of an existing marital issue. Read each statement and circle TRUE or FALSE.

IN THE RECENT PAST IN MY MARRIAGE, GENERALLY...

61. TRUE FALSE ...I felt hurt.
62. TRUE FALSE ...I felt misunderstood.
63. TRUE FALSE ...I thought, "I don't have to take this."
64. TRUE FALSE ...I felt innocent of blame for this problem.
65. TRUE FALSE ...I thought to myself, just get up and leave.
66. TRUE FALSE ...I was angry
67. TRUE FALSE ...I felt disappointed.
68. TRUE FALSE ...I felt unjustly accused.
69. TRUE FALSE ...I thought, "My partner has no right to say those things."
70. TRUE FALSE ...I was frustrated.
71. TRUE FALSE ...I felt personally attacked.
72. TRUE FALSE ...I wanted to strike back.
73. TRUE FALSE ...I felt like I was warding off a barrage.
74. TRUE FALSE ...I felt like getting even.
75. TRUE FALSE ...I wanted to protect myself.
76. TRUE FALSE ...I took my partner's complaints as slights.
77. TRUE FALSE ...I felt like my partner was trying to control me.
78. TRUE FALSE ...I thought that my partner was very manipulative.
79. TRUE FALSE ...I felt unjustly criticized.
80. TRUE FALSE ...I wanted the negativity to just stop.

F > 4

Part 5: STARTUP

Read each statement and circle TRUE or FALSE.

WHEN WE DISCUSS OUR MARITAL ISSUES....

81. TRUE FALSE ...My partner is often very critical of me.
82. TRUE FALSE ...I hate the way my partner raises an issue
83. TRUE FALSE ...Arguments often seem to come out of nowhere.
84. TRUE FALSE ...Before I know it we are in a fight.
85. TRUE FALSE ...When my partner complains I feel picked on.
86. TRUE FALSE ...I seem to always get blamed for issues.
87. TRUE FALSE ...My partner is negative all out of proportion.
88. TRUE FALSE ...I feel I have to ward off personal attacks.
89. TRUE FALSE ...I often have to deny charges leveled against me.
90. TRUE FALSE ...My partner's feelings are too easily hurt.
91. TRUE FALSE ...What goes wrong is often not my responsibility.
92. TRUE FALSE ...My spouse criticizes my personality.
93. TRUE FALSE ...Issues get raised in an insulting manner.
94. TRUE FALSE ...My partner will at times complain in a smug or superior way.
95. TRUE FALSE ...I have just about had it with all this negativity between us.
96. TRUE FALSE ...I feel basically disrespected when my partner complains.
97. TRUE FALSE ...I just want to leave the scene when complaints arise.
98. TRUE FALSE ...Our calm is suddenly shattered.
99. TRUE FALSE ...I find my partner's negativity unnerving and unsettling.
100. TRUE FALSE ...I think my partner can be totally irrational.

F > 4

Part 6: ACCEPTING INFLUENCE

Read each statement and circle TRUE or FALSE.

WHEN WE DISCUSS OUR MARITAL ISSUES....

101. TRUE FALSE ...I find that I am really interested in my spouse's opinion on our basic issues.
102. TRUE FALSE ...I usually learn a lot from my spouse even when we disagree.
103. TRUE FALSE ...I want my partner to feel that what he or she says really counts with me.
104. TRUE FALSE ...I generally want my spouse to feel influential in this marriage.
105. TRUE FALSE ...I can listen to my partner,.
106. TRUE FALSE ...My partner has a lot of basic common sense.
107. TRUE FALSE ...I try to communicate respect even during our disagreements.
108. TRUE FALSE ...I don't keep trying to convince my partner so that I will eventually win out.
109. TRUE FALSE ...I don't reject my spouse's opinions out of hand.
110. TRUE FALSE ...My partner is rational enough to take seriously when we discuss our issues.
111. TRUE FALSE ...I believe in lots of give and take in our discussions.
112. TRUE FALSE ...I am very persuasive, but don't usually try to win arguments with my spouse.
113. TRUE FALSE ...I feel important in our decisions.
114. TRUE FALSE ...My partner usually has good ideas.
115. TRUE FALSE ...My partner is basically a great help as a problem solver.
116. TRUE FALSE ...I try to listen respectfully even when I disagree.
117. TRUE FALSE ...My ideas for solutions are not better than my spouse's.
118. TRUE FALSE ...I can usually find something to agree with in my partner's position.
119. TRUE FALSE ...My partner is not usually too emotional.
120. TRUE FALSE ...I am not the one who needs to make the major decisions in this marriage.

F > 4

Part 7: REPAIR ATTEMPTS

Read each statement and circle TRUE or FALSE.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US...

121. TRUE FALSE ...We are good at taking breaks when we need them.
122. TRUE FALSE ...When I apologize it usually gets accepted by my partner.
123. TRUE FALSE ...I can say that I am wrong.
124. TRUE FALSE ...I am pretty good at calming myself down.
125. TRUE FALSE ...Even when arguing we can maintain a sense of humor.
126. TRUE FALSE ...When my partner says we should talk to each other in a different way, it usually makes a lot of sense.
127. TRUE FALSE ...My attempts to repair our discussions when the get negative are usually effective.
128. TRUE FALSE ...We are pretty good listeners even when we have different positions on things.
129. TRUE FALSE ...If things get heated we can usually pull out of it and change things.
130. TRUE FALSE ...My spouse is good at soothing me when I get upset.
131. TRUE FALSE ...I feel confident that we can resolve most issues between us.
132. TRUE FALSE ...When I comment on how we could communicate better my spouse listens to me.
133. TRUE FALSE ...Even if things get hard at times, I know we can get past our differences.
134. TRUE FALSE ...We can be affectionate even when we are disagreeing.
135. TRUE FALSE ...Teasing and humor usually work with my spouse for getting over negativity.
136. TRUE FALSE ...We can start all over again and improve our discussions when we need to.
137. TRUE FALSE ...When emotions run hot, expressing how upset I feel makes a real difference.
138. TRUE FALSE ...Even when there are big differences between us we can discuss these.
139. TRUE FALSE ...My partner expresses appreciation for nice things I do.
140. TRUE FALSE ...If I keep trying to communicate it will eventually work.

F > 4

Part 8: COMPROMISE

Read each statement and circle TRUE or FALSE.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US...

141. TRUE FALSE ...Our decisions often get made b both of us compromising.
142. TRUE FALSE ...We are usually good at resolving our differences.
143. TRUE FALSE ...I can give in when I need to, and often do.
144. TRUE FALSE ...I can be stubborn in an argument but I'm not opposed to compromising.
145. TRUE FALSE ...I think that sharing power in a marriage is very important.
146. TRUE FALSE ...My partner is not a very stubborn person.
147. TRUE FALSE ...I don't believe one person is usually right and the other wrong on most issues.
148. TRUE FALSE ...We both believe in meeting each other halfway when we disagree.
149. TRUE FALSE ...I am able to yield somewhat even when I feel strongly on an issue.
150. TRUE FALSE ...The two of us usually arrive at a better decision through give and take.
151. TRUE FALSE ...It's a good idea to give in somewhat, in my view.
152. TRUE FALSE ...In discussing issues we can usually find our common ground of agreement.
153. TRUE FALSE ...Everyone gets some of what they want when there is a compromise.
154. TRUE FALSE ...My partner can give in, and often does.
155. TRUE FALSE ...I don't wait until my partner gives in before I do.
156. TRUE FALSE ...When I give in first my partner then gives in too.
157. TRUE FALSE ...Yielding power is not very difficult for my spouse.
158. TRUE FALSE ...Yielding power is not very difficult for me.
159. TRUE FALSE ...Give and take in making decisions is not a problem in this marriage.
160. TRUE FALSE ...I will compromise even when I believe I am right.

F > 4

Part 9: GRIDLOCK

Read each statement and circle TRUE or FALSE.

WHEN WE DISCUSS OUR MARITAL ISSUES...

161. TRUE FALSE ...The same problems keep coming up again and again in our marriage.
162. TRUE FALSE ...We rarely make much progress on our central issues.
163. TRUE FALSE ...We keep hurting each other whenever we discuss our core issues.
164. TRUE FALSE ...I feel criticized and misunderstood when we discuss our hot topics.
165. TRUE FALSE ...My partner has a long list of basically unreasonable demands.
166. TRUE FALSE ...When we discuss our basic issues, I often feel that my partner doesn't even like me.
167. TRUE FALSE ...My partner wants me to change my basic personality.
168. TRUE FALSE ...I often keep quiet and withdraw to avoid stirring up too much conflict.
169. TRUE FALSE ...I don't feel respected when we disagree.
170. TRUE FALSE ...My partner often acts in a selfish manner.
171. TRUE FALSE ...What I say in our discussions rarely has much effect.
172. TRUE FALSE ...I feel put down in our discussions of key issues.
173. TRUE FALSE ...I can't really be myself in this marriage.
174. TRUE FALSE ...I often think that my partner is manipulating me.
175. TRUE FALSE ...Sometimes I think that my spouse doesn't care about m feelings.
176. TRUE FALSE ...My partner rarely makes a real effort to change.
177. TRUE FALSE ...There are some basic faults in in partner's personality that he or she will not change.
178. TRUE FALSE ...My partner disregards my fundamental needs.
179. TRUE FALSE ...Sometimes I feel that my values don't matter to my spouse.
180. TRUE FALSE ...When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.

F > 4

Part 10: THE FOUR HORSEMEN

Read each statement and circle TRUE or FALSE.

WHEN WE DISCUSS OUR MARITAL ISSUES...

181. TRUE FALSE ...I feel attacked or criticized when we talk about our disagreements.
182. TRUE FALSE ...I usually feel like m personality is being assaulted.
183. TRUE FALSE ...In our disputes, at times, I don't even feel like my partner likes me very much.
184. TRUE FALSE ...I have to defend myself because the charges against me are so unfair.
185. TRUE FALSE ...I often feel unappreciated by my spouse.
186. TRUE FALSE ...My feelings and intentions are often misunderstood.
187. TRUE FALSE ...I don't feel appreciated for all the good I do in this marriage.
188. TRUE FALSE ...I often just want to leave the scene of the arguments.
189. TRUE FALSE ...I get disgusted by all the negativity between us.
190. TRUE FALSE ...I feel insulted by my partner at times.
191. TRUE FALSE ...I sometimes just clam up and become quiet.
192. TRUE FALSE ...I can get mean and insulting in our disputes.
193. TRUE FALSE ...I feel basically disrespected.
194. TRUE FALSE ...Many of our issues are just not my problem.
195. TRUE FALSE ...The way we talk makes me want to just withdraw from the whole marriage.
196. TRUE FALSE ...I think to myself, "Who needs all this conflict?"
197. TRUE FALSE ...My partner never really changes.
198. TRUE FALSE ...Our problems have made me feel desperate at times.
199. TRUE FALSE ...My partner doesn't face issues responsibly and maturely.
200. TRUE FALSE ...I try to point out flaws in my partner's personality that need improvement.
201. TRUE FALSE ...I feel explosive arid out of control about our issues at times.
202. TRUE FALSE ...My partner uses phrases like "You always" or "You never" when complaining.
203. TRUE FALSE ...I often get the blame for what are really our problems.
204. TRUE FALSE ...I don't have a lot of respect for my partner's position on our basic issues.
205. TRUE FALSE ...My spouse can be quite selfish and self-centered.
206. TRUE FALSE ...I feel disgusted by some of my spouse's attitudes.
207. TRUE FALSE ...My partner gets far too emotional.
208. TRUE FALSE ...I am just not guilty of many of the things 1 get accused of.
209. TRUE FALSE ...Small issues often escalate out of proportion.
210. TRUE FALSE ...Arguments seem to come out of nowhere.
211. TRUE FALSE ...My partner's feelings get hurt too easily.
212. TRUE FALSE ...I often will become silent to cool things down a bit.
213. TRUE FALSE ...My partner has a lot of trouble being rational and logical.

Part 11: FLOODING

Read each statement and circle TRUE or FALSE.

- 214. TRUE FALSE Our discussions get too heated.
- 215. TRUE FALSE I have a hard time calming down.
- 216. TRUE FALSE One of us is going to say something we will regret.
- 217. TRUE FALSE My partner gets too upset.
- 218. TRUE FALSE After a fight, I want to keep my distance.
- 219. TRUE FALSE My partner yells unnecessarily.
- 220. TRUE FALSE I feel overwhelmed by our arguments.
- 221. TRUE FALSE I can't think straight when my partner gets hostile.
- 222. TRUE FALSE I think to myself, "Why can't we talk more logically?"
- 223. TRUE FALSE My partner's negativity often comes out of nowhere.
- 224. TRUE FALSE There's often no stopping my partner's temper.
- 225. TRUE FALSE I feel like running away during our fights.
- 226. TRUE FALSE Small issues suddenly become big ones.
- 227. TRUE FALSE I can't calm down very easily during an argument
- 228. TRUE FALSE My partner has a long list of unreasonable demands.

F > 4

Part 12: EMOTIONAL DISENGAGEMENT AND LONELINESS

Read each statement and circle TRUE or FALSE.

229. TRUE FALSE I often find myself disappointed in this marriage.
230. TRUE FALSE I have learned to expect less from my partner.
231. TRUE FALSE I will at times find myself quite lonely in this relationship.
232. TRUE FALSE It is hard for my deepest feelings to get much attention in this marriage.
233. TRUE FALSE I often try to avoid saying things I will later regret.
234. TRUE FALSE I feel like I have to be so careful it is like walking on eggshells.
235. TRUE FALSE Suddenly once again I find I have said the wrong thing.
236. TRUE FALSE There is not much intimacy in this marriage right now.
237. TRUE FALSE Our marital problems are not really solvable.
238. TRUE FALSE Sometimes our marriage feels empty to me.
239. TRUE FALSE This marriage is not quite what I expected and I feel let down by it.
240. TRUE FALSE We are pretty separate and unconnected emotionally.
241. TRUE FALSE We don't really talk very deeply to each other.
242. TRUE FALSE There is not enough closeness between us.
243. TRUE FALSE I sometimes think I expect too much and should settle for less in my marriage.
244. TRUE FALSE I am coping with a lot of marital stress but it will be okay eventually.
245. TRUE FALSE I have adapted to a lot in this marriage and I am not so sure it's a good idea.
246. TRUE FALSE There's certainly not much romance in this relationship.
247. TRUE FALSE I can't really say that we are very good friends right now
248. TRUE FALSE I am lonely in this marriage.
- 249.

F > 4

Part 13: SHARED MEANINGS QUESTIONNAIRE: HONORING EACH OTHERS DREAMS

Think about how well you and your partner have been able to create a sense of shared meaning in your lives together. When people get married they create a new culture. Some marriages also involve the union of two very different cultures. But even if two people are coming from the same regional, cultural, ethnic, and religious background, they will have been raised in two very different families, and their merging involves the creation of a new culture. With this in mind read each statement and circle TRUE or FALSE.

F > 8

A: YOUR RITUALS

250. TRUE FALSE We see eye-to-eye about the rituals that involve family dinner times in our home.
251. TRUE FALSE Holiday meals (like Thanksgiving, Christmas, Passover) are very special and happy times for us
252. TRUE FALSE Reunions at the end of each day in our home are generally special times in my day.
253. TRUE FALSE We see eye-to-eye about the role of TV in our home.
254. TRUE FALSE Bedtimes are generally good times for being close.
255. TRUE FALSE During weekends we do a lot of things together that we enjoy and value.
256. TRUE FALSE We have the same values about entertaining in our home (having friends over, parties etc.)
257. TRUE FALSE We both value special celebrations (like birthdays, anniversaries, family reunions).
258. TRUE FALSE When I become sick I feel taken care of and loved by my spouse.
259. TRUE FALSE I really look forward to and enjoy our vacations and the travel we do together.
260. TRUE FALSE The mornings together are special times for me.
261. TRUE FALSE When we do errands together we generally have a good time.
262. TRUE FALSE We have ways of becoming renewed and refreshed when we are burned out or fatigued.

B: YOUR ROLES

263. TRUE FALSE We share many similar values in our roles as husband and wife.
264. TRUE FALSE We share many similar values in our roles as mother and father.
265. TRUE FALSE We have many similar views about what it means to be a good friend to others.
266. TRUE FALSE My partner and I have compatible views about the role of work in one's life.
267. TRUE FALSE My partner and I have similar philosophies about balancing work and family life
268. TRUE FALSE My partner supports what I would see as my basic mission in life.
269. TRUE FALSE My partner shares my views on the importance of family and kin (sisters, brothers, moms, dads) in our life together

C: YOUR GOALS

270. TRUE FALSE We share many of the same goals in our life together.
271. 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.
272. TRUE FALSE My partner values my own accomplishments.
273. TRUE FALSE My partner honors my own very personal goals, unrelated to my marriage.
274. TRUE FALSE We share many of the same goals for others who are important to us (children, kin, friends and community).
275. TRUE FALSE We have very similar financial goals.
276. TRUE FALSE We tend to have compatible financial disaster scenarios (ones we both want to avoid).
277. TRUE FALSE Our hopes and aspirations, as individuals and together, for our children, for our life in general, and for our old age are quite compatible.
278. TRUE FALSE Our life dreams tend to be similar or compatible.
279. TRUE FALSE Even when different, we have been able to find a way to honor our life dreams.

D: YOUR SYMBOLS

280. TRUE FALSE We see eye-to-eye about what "home" means.
281. TRUE FALSE Our philosophies of what love ought to be are quite compatible.
282. TRUE FALSE We have similar values about the importance of "peacefulness" in our lives.
283. TRUE FALSE We have similar views about the meaning of "family."
284. TRUE FALSE We have similar views about the role of sex in our lives.
285. TRUE FALSE We have similar views about the role of love and affection in our lives.
286. TRUE FALSE We have similar values about the meaning of being married.
287. TRUE FALSE We have similar values about the importance and meaning of money in our lives.
288. TRUE FALSE We have similar values about the importance of education in our lives.
289. TRUE FALSE We have similar values about the importance of "fun" and "play" in our lives.
290. TRUE FALSE We have similar values about the significance of adventure.
291. TRUE FALSE We have similar values about "trust."
292. TRUE FALSE We have similar values about personal "freedom."
293. TRUE FALSE We have similar values about "autonomy" and "independence."
294. TRUE FALSE We have similar values about sharing power" in our marriage.
295. TRUE FALSE We have similar values about being "interdependent," of being a "we."
296. TRUE FALSE We have similar values about the meaning of "having possessions," of "owning things" (like cars, nice clothes, books, music, a house and land).
297. TRUE FALSE We have similar values about the meaning of "nature," and of our relationship to the seasons.
298. TRUE FALSE We are both sentimental and tend to reminisce about things in our past.
299. TRUE FALSE We have similar views about what we want in retirement and old age.