Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Assessment

The best way to utilize this text is to answer the following questions so that you may identify areas of strength and weakness.

T or F 1. I find certain issues are more comfortable to discuss with

people other than my partner.

T or F 2. I feel very anxious when we talk about certain issues.

T or F 3. My Partner doesn't take me seriously enough at times.

T or F 4. Sometimes I really wonder just how much my partner

loves me.

T or F 5. Sometimes my partner just can't understand the way I

feel.

T or F 6. My partner keeps most of his or her feelings inside.

T or F 7. A lot of our arguments seem to end unresolved.

T or F 8. When we argue, my partner and I seem to go over the

same old things.

T or F 9. My partner has slapped me.

T or F 10. My partner has slammed things around or thrown

things.

T or F 11. I have worried about my partner losing control of his or

her anger.

T or F 12. My partner sometimes screams or yells at me when he or

she is angry.

T or F 13. It is often hard for us to discuss our finances without

getting upset with each other.

T or F 14. Trying to work out a budget causes more trouble with

my partner than it is worth.

T or F 15. I feel as though we live beyond our financial means.

T or F 16. My partner buys too many things without consulting me

first.

T or F 17. I was very anxious as a young person to get away from

my family.

T or F 18. My parents did not communicate with each other as well

as they should have.

T or F 19. My parents never really understood me.

T or F 20. I often wondered whether my parents' marriage would

end in divorce.

T or F 21. I am interested in having children.

T or F 22. I fear that my partner will or does not spend enough time

with the children.

T or F 23. I fear that children will drive or has driven a wedge

between my partner and me.

T or F 24. I fear my partner and I will or do rarely agree on issues

regarding discipline of children.

T or F 25. My partner and I disagree on the number of children we

want.

T or F 26. Lately, things just don't feel right in our relationship.

Total up the number of true responses for the following numbers.

 1-8 If greater than 4 = COMUNICATION.

 9-12 If greater than 1 = COMMUNICATION and ANGER

 13-16 If 1 or more = MONEY and FINANCES

 17-20 If greater than 1 = FAMILY HISTORY

 21-25 If greater than 1 = CHILDREN

1. If true to this question = all areas.