

Gottman 17-AREAS SCALE



Name | First: _____ Last: _____ Date: _____

How Are Things Changing, or Not Changing, In Your Marriage?

Please take the time to read each area we have outlined of your life together, and tell us if this area is fine or needs improvement. Put an X in the box that you think applies to your relationship right now. Then, at the end of each area, add comments, and, if things are fine, briefly tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you currently see to improving this area of your relationship. *This information is completely confidential.*

1.

Staying emotionally connected
 Becoming emotionally distant

Check all specific items below:

	NOT A Problem	A Problem
Just simply talking to each other.	<input type="checkbox"/>	<input type="checkbox"/>
Staying emotionally in touch with each other.	<input type="checkbox"/>	<input type="checkbox"/>
Feeling taken for granted?	<input type="checkbox"/>	<input type="checkbox"/>
Don't feel my spouse knows me very well right now.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse is (or I am) emotionally disengaged.	<input type="checkbox"/>	<input type="checkbox"/>
Spending time together.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

2.

Handling Job and other stresses effectively
 Experiencing the "spillover" of non-marital stresses

Check all specific items below:

	NOT A Problem	A Problem
Helping each other reduce daily stresses.	<input type="checkbox"/>	<input type="checkbox"/>
Talking about these stresses together.	<input type="checkbox"/>	<input type="checkbox"/>
Talking together about stress in a helpful manner.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse listening with understanding about my stresses and worries.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse takes job or other stresses out on me.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse takes job or other stresses out on the children or others in our life.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

3.

- Handling Issues or disagreements well
- Gridlocking on one or more issues

Check all specific items below:

	NOT A Problem	A Problem
Differences have arisen between us that feel very basic.	<input type="checkbox"/>	<input type="checkbox"/>
These differences seem unresolvable.	<input type="checkbox"/>	<input type="checkbox"/>
We are living day-to-day with hurts.	<input type="checkbox"/>	<input type="checkbox"/>
Our positions are getting entrenched.	<input type="checkbox"/>	<input type="checkbox"/>
It looks like I will never get what I hope for.	<input type="checkbox"/>	<input type="checkbox"/>
I am very worried that these issues may damage our relationship.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

4.

- The marriage is romantic and passionate
- It is becoming passionless; the fire is going out

Check all specific items below:

	NOT A Problem	A Problem
My spouse has stopped being verbally affectionate	<input type="checkbox"/>	<input type="checkbox"/>
My spouse expresses love or admiration less frequently.	<input type="checkbox"/>	<input type="checkbox"/>
We rarely touch each other.	<input type="checkbox"/>	<input type="checkbox"/>
My spouse (or I) have stopped feeling very romantic.	<input type="checkbox"/>	<input type="checkbox"/>
We rarely cuddle.	<input type="checkbox"/>	<input type="checkbox"/>
We have few tender or passionate moments.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

5.

- Our sex life is fine
- There are problems in this area

Check all specific items below:

	NOT A Problem	A Problem
The frequency of sex.	<input type="checkbox"/>	<input type="checkbox"/>
The satisfaction I (or my spouse) get from sex.	<input type="checkbox"/>	<input type="checkbox"/>
Being able to talk about sexual problems.	<input type="checkbox"/>	<input type="checkbox"/>
The two of us wanting different things sexually.	<input type="checkbox"/>	<input type="checkbox"/>
Problems of desire.	<input type="checkbox"/>	<input type="checkbox"/>
The amount of love in our lovemaking.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

6.

An Important event (like the birth of a child, job loss, changes in job or residence, an illness, the death of a loved one) has occurred in our lives. The marriage is either:

- Dealing with this well
- It is not dealing with this well.

Check all specific items below:

	NOT A Problem	A Problem
We have very different points of view on how to handle things.	<input type="checkbox"/>	<input type="checkbox"/>
This event has led my partner to be very distant.	<input type="checkbox"/>	<input type="checkbox"/>
This event has made us both irritable.	<input type="checkbox"/>	<input type="checkbox"/>
This event has led to a lot of fighting.	<input type="checkbox"/>	<input type="checkbox"/>
I'm worried about how this will all turn out.	<input type="checkbox"/>	<input type="checkbox"/>
We are now taking very different positions.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

7.

Major issues about children have arisen (this could be about whether or not to have a child).

- The marriage is handling with this well
- The marriage is not handling with this well.

Check all specific items below:

	NOT A Problem	A Problem
We have very different points of view on goals for the children.	<input type="checkbox"/>	<input type="checkbox"/>
If We have different positions on what to discipline the children for.	<input type="checkbox"/>	<input type="checkbox"/>
We have different positions on how to discipline the children.	<input type="checkbox"/>	<input type="checkbox"/>
We have issues about how to be close to our children.	<input type="checkbox"/>	<input type="checkbox"/>
We are not talking about these issues very well.	<input type="checkbox"/>	<input type="checkbox"/>
There is a lot of tension or anger about these differences.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

8.

Major issues or events have arisen about In-laws, a relative or relatives.

- The marriage is handling with this well
- The marriage is not handling with this well.

Check all specific items below:

	NOT A Problem	A Problem
I feel unaccepted by my partner's family.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes wonder which family my spouse is in.	<input type="checkbox"/>	<input type="checkbox"/>
I feel unaccepted by my own family.	<input type="checkbox"/>	<input type="checkbox"/>
There is tension between us about what might happen.	<input type="checkbox"/>	<input type="checkbox"/>
This issue has generated a lot of irritability.	<input type="checkbox"/>	<input type="checkbox"/>
I am worried about how this is going to turn out.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

9.

- Being attracted to other people or jealousy is not an issue
- Spouse is flirtatious there may be a recent extramarital affair.

Check all specific items below:

	NOT A Problem	A Problem
This area is a source of a lot of hurt.	<input type="checkbox"/>	<input type="checkbox"/>
This is an area that creates insecurity.	<input type="checkbox"/>	<input type="checkbox"/>
I can't deal with the lies.	<input type="checkbox"/>	<input type="checkbox"/>
It is hard to reestablish trust.	<input type="checkbox"/>	<input type="checkbox"/>
There is a feeling of betrayal.	<input type="checkbox"/>	<input type="checkbox"/>
It's hard to know how to heal this.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

10.

- When disagreements arise, we resolve issues well.
- Unpleasant fights have occurred.

Check all specific items below:

	NOT A Problem	A Problem
There are more fights now.	<input type="checkbox"/>	<input type="checkbox"/>
The fights seem to come out of nowhere.	<input type="checkbox"/>	<input type="checkbox"/>
Anger and irritability have crept into our marriage.	<input type="checkbox"/>	<input type="checkbox"/>
We get into muddles where we are hurting each other.	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel very respected lately.	<input type="checkbox"/>	<input type="checkbox"/>
I feel criticized.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

11.

- We are in synchrony on basic values and goals.
- Differences between us in these areas or in desired lifestyle are emerging.

Check all specific items below:

	NOT A Problem	A Problem
Differences have arisen in life goals.	<input type="checkbox"/>	<input type="checkbox"/>
Differences have arisen about important beliefs.	<input type="checkbox"/>	<input type="checkbox"/>
Differences have arisen on leisure time interests.	<input type="checkbox"/>	<input type="checkbox"/>
We seem to be wanting different things out of life.	<input type="checkbox"/>	<input type="checkbox"/>
We are growing in different directions.	<input type="checkbox"/>	<input type="checkbox"/>
I don't much like who I am with my partner.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

12.

Very hard events (for example, violence, drugs, an affair) have occurred within the marriage.

- We are handling these well.
- They seem to be hard for the marriage to deal with right now.

Check all specific items below:

	NOT A Problem	A Problem
There has been physical violence between us.	<input type="checkbox"/>	<input type="checkbox"/>
There is a problem with alcohol or drugs.	<input type="checkbox"/>	<input type="checkbox"/>
This is turning into a marriage I hadn't bargained for.	<input type="checkbox"/>	<input type="checkbox"/>
Our marriage "contract" is changing.	<input type="checkbox"/>	<input type="checkbox"/>
I find some of what my partner wants upsetting or repulsive.	<input type="checkbox"/>	<input type="checkbox"/>
I am now feeling somewhat disappointed by this marriage.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

13.

- We work well as a team.
- We are not working very well as a team right now.

Check all specific items below:

	NOT A Problem	A Problem
We used to share more in the family's workload.	<input type="checkbox"/>	<input type="checkbox"/>
We seem to be pulling in opposite directions.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse does not share in housework or childcare.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse is not carrying weight financially.	<input type="checkbox"/>	<input type="checkbox"/>
I feel alone managing this family.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse is not being very considerate.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

14.

- We are coping well with issues of power or influence.
- We are having trouble in this area.

Check all specific items below:

	NOT A Problem	A Problem
I don't feel influential in decisions we make.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse has become more domineering.	<input type="checkbox"/>	<input type="checkbox"/>
I have become more demanding.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse has become passive.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse is "spacey," not a strong force in the marriage.	<input type="checkbox"/>	<input type="checkbox"/>
I am starting to care a lot more about who is running things.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

15.

- We are handling issues of finances well.
- We are having trouble in this area.

Check all specific items below:

	NOT A Problem	A Problem
I, or my spouse, just don't bring in enough money.	<input type="checkbox"/>	<input type="checkbox"/>
We have differences about how to spend our money.	<input type="checkbox"/>	<input type="checkbox"/>
We are stressed about finances.	<input type="checkbox"/>	<input type="checkbox"/>
Spouse is financially more interested in self than us.	<input type="checkbox"/>	<input type="checkbox"/>
We are not united in managing our finances.	<input type="checkbox"/>	<input type="checkbox"/>
There is not enough financial planning.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

16.

- We are doing well having fun together.
- We are not having very much fun together these days.

Check all specific items below:

	NOT A Problem	A Problem
We don't seem to have very much time for fun.	<input type="checkbox"/>	<input type="checkbox"/>
We try but don't seem to enjoy our times together very much.	<input type="checkbox"/>	<input type="checkbox"/>
We are too stressed for fun.	<input type="checkbox"/>	<input type="checkbox"/>
Work takes up all our time these days.	<input type="checkbox"/>	<input type="checkbox"/>
Our interests are so different now that there are no fun things we like to do together.	<input type="checkbox"/>	<input type="checkbox"/>
We plan fun things to do but they never happen.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments:

17.

- We are feeling close in the area of spirituality.
- We are not doing very well in that area these days.

Check all specific items below:

	NOT A Problem	A Problem
Sharing the same beliefs.	<input type="checkbox"/>	<input type="checkbox"/>
Agreeing about religious ideas and values.	<input type="checkbox"/>	<input type="checkbox"/>
Issues about the specific church, mosque, synagogue, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Communicating well about spiritual things.	<input type="checkbox"/>	<input type="checkbox"/>
Issues about spiritual growth and change.	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual issues involving family or children.	<input type="checkbox"/>	<input type="checkbox"/>

If things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

Comments: