



**Couple Checkup**  
**Brief Follow-up**  
[www.couplecheckup.com](http://www.couplecheckup.com)

**Communication**

- (-) 1. When we are having a problem, my partner often refuses to talk about it.
- (-) 4. I wish my partner were more willing to share his/her feelings with me.
- (-) 7. At times it is hard for me to ask my partner for what I want.
- (-) 10. My partner often doesn't understand how I feel.
- (+) 13. I am very satisfied with how my partner and I talk with each other.
- (-) 16. It is difficult for me to share negative feelings with my partner.
- (+) 19. My partner is a very good listener.

**Conflict Resolution**

- (-) 2. My partner and I have different ideas about the best way to solve our disagreements.
- (+) 5. When we discuss problems, my partner understands my opinions and ideas.
- (+) 8. Even during disagreements, I can share my feelings and ideas with my partner.
- (-) 11. Sometimes we have serious disputes over unimportant issues.
- (-) 14. At times I feel some of our differences never get resolved.
- (-) 17. To avoid hurting my partner's feelings during an argument, I tend to say nothing.
- (-) 20. When we argue, I usually end up feeling responsible for the problem.

**Relationship Satisfaction**

- (+) 3. We usually agree on how to spend money.
- (+) 6. I am completely satisfied with the amount of affection my partner gives me.
- (+) 9. I am happy with the flexibility we have in our roles and responsibilities.
- (-) 12. Spiritual differences cause some tension in our relationship.
- (+) 15. We feel very close to each other.
- (+) 18. We compromise when problems arise.
- (+) 13. I am very satisfied with how my partner and I talk with each other. (from above)
- (+) 5. When we discuss problems, my partner understands my opinions and ideas. (from above)

## **Couple Checkup - Brief Follow-Up**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Undecided</b>	<b>Agree</b>	<b>Strongly Agree</b>

**Indicate how strongly you agree or disagree with the following statements.**

- \_\_\_\_\_ 1. When we are having a problem, my partner often refuses to talk about it.
- \_\_\_\_\_ 2. My partner and I have different ideas about the best way to solve our disagreements.
- \_\_\_\_\_ 3. We usually agree on how to spend money.
- \_\_\_\_\_ 4. I wish my partner were more willing to share his/her feelings with me.
- \_\_\_\_\_ 5. When we discuss problems, my partner understands my opinions and ideas.
- \_\_\_\_\_ 6. I am completely satisfied with the amount of affection my partner gives me.
- \_\_\_\_\_ 7. At times it is hard for me to ask my partner for what I want.
- \_\_\_\_\_ 8. Even during disagreements, I can share my feelings and ideas with my partner.
- \_\_\_\_\_ 9. I am happy with the flexibility we have in our roles and responsibilities.
- \_\_\_\_\_ 10. My partner often doesn't understand how I feel.
- \_\_\_\_\_ 11. Sometimes we have serious disputes over unimportant issues.
- \_\_\_\_\_ 12. Spiritual differences cause some tension in our relationship.
- \_\_\_\_\_ 13. I am very satisfied with how my partner and I talk with each other.
- \_\_\_\_\_ 14. At times I feel some of our differences never get resolved.
- \_\_\_\_\_ 15. We feel very close to each other.
- \_\_\_\_\_ 16. It is difficult for me to share negative feelings with my partner.
- \_\_\_\_\_ 17. To avoid hurting my partner's feelings during an argument, I tend to say nothing.
- \_\_\_\_\_ 18. We compromise when problems arise.
- \_\_\_\_\_ 19. My partner is a very good listener.
- \_\_\_\_\_ 20. When we argue, I usually end up feeling responsible for the problem.