

Leaders Guide

Gottman 17-AREAS SCALE

- Print out copies for each participant.
- Hand out a blank sheet of paper with activity.
- Allow adequate time for couples to complete scale.

Gottman 17-Areas SCALE-

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

- Please take the time to read each area about your life together
- Put an X in the box that you think applies to your relationship right now
- At the end of each area, add comments
- If things are fine, briefly write how you are managing this area of your lives
- If things are not fine, write the obstacles you see to improving this area of your relationship
- This information is completely confidential

1. Staying emotionally connected , or becoming emotionally distant

Check all the specific items below:

- Just simply talking to each other. Not a problem , A problem
- Staying emotionally in touch with each other. Not a problem , A problem
- Feeling taken for granted? Not a problem , A problem
- Don't feel my spouse knows me very well right now. Not a problem , A problem
- Spouse is (or I am) emotionally disengaged. Not a problem , A problem
- Spending time together. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

2. Handling Job and other stresses effectively or experiencing the "spillover" of non-marital stresses

Check all the specific items below:

- Helping each other reduce daily stresses. Not a problem , A problem
- Talking about these stresses together. Not a problem , A problem
- Talking together about stress in a helpful manner. Not a problem , A problem
- Spouse listening with understanding about my stresses and worries. Not a problem , A problem
- Spouse takes job or other stresses out on me. Not a problem , A problem
- Spouse takes job or other stresses out on the children or others in our life. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

3. Handling Issues or disagreements well , or gridlocking on one or more issues

Check all the specific items below:

- Differences have arisen between us that feel very basic. Not a problem , A problem
- These differences seem unresolvable. Not a problem A problem
- We are living day-to-day with hurts. Not a problem , A problem
- Our positions are getting entrenched. Not a problem , A problem
- It looks like I will never get what I hope for. Not a problem , A problem
- I am very worried that these issues may damage our relationship. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

4. The marriage is romantic and passionate or It is becoming passionless; the fire is going out

Check all the specific items below:

- My spouse has stopped being verbally affectionate. Not a problem , A problem
- My spouse expresses love or admiration less frequently. Not a problem , A problem
- We rarely touch each other. Not a problem , A problem
- My spouse (or I) have stopped feeling very romantic. Not a problem , A problem
- We rarely cuddle. Not a problem , A problem
- We have few tender or passionate moments. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

5. Our sex life is fine or there are problems in this area

Check all the specific items below:

- The frequency of sex. Not a problem , A problem
- The satisfaction I (or my spouse) get from sex. Not a problem , A problem
- Being able to talk about sexual problems. Not a problem , A problem
- The two of us wanting different things sexually. Not a problem , A problem
- Problems of desire. Not a problem , problem
- The amount of love in our lovemaking. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

6. An Important event (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 or it is not.

Check all the specific items below:

- We have very different points of view on how to handle things. Not a problem , A problem
- This event has led my partner to be very distant. Not a problem , A problem
- This event has made us both irritable. Not a problem , A problem
- This event has led to a lot of fighting. Not a problem , A problem
- I'm worried about how this will all turn out. Not a problem , A problem
- We are now taking very different positions. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

7. Major issues about children have arisen (this could be about whether or not to have a child). The marriage is handling these well or it is not.

Check all the specific items below:

- We have very different points of view on goals for the children. Not a problem , A problem
- If We have different positions on what to discipline the children for. Not a problem , A problem
- We have different positions on how to discipline the children. Not a problem , A problem
- We have issues about how to be close to our children. Not a problem , A problem
- We are not talking about these issues very well. Not a problem , A problem
- There is a lot of tension or anger about these differences. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

8. Major issues or events have arisen about In-laws, a relative or relatives. The marriage is handling these well or it is not.

Check all the specific items below:

- I feel unaccepted by my partner's family. Not a problem , A problem
- I sometimes wonder which family my spouse is in. Not a problem , A problem
- I feel unaccepted by my own family. Not a problem , A problem
- There is tension between us about what might happen. Not a problem , A problem
- This issue has generated a lot of irritability. Not a problem , A problem
- I am worried about how this is going to turn out. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

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

Check all the specific items below:

- This area is a source of a lot of hurt. Not a problem , A problem
- This is an area that creates insecurity. Not a problem , A problem
- I can't deal with the lies. Not a problem , A problem
- It is hard to reestablish trust. Not a problem , A problem
- There is a feeling of betrayal. Not a problem , A problem
- It's hard to know how to heal this. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

10. When disagreements arise, we resolve issues well or unpleasant fights have occurred.

Check all the specific items below:

- There are more fights now. Not a problem , A problem
- The fights seem to come out of nowhere. Not a problem , A problem
- Anger and irritability have crept into our marriage. Not a problem , A problem
- We get into muddles where we are hurting each other. Not a problem , A problem
- I don't feel very respected lately. Not a problem , A problem
- I feel criticized. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

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

Check all the specific items below:

- Differences have arisen in life goals. Not a problem , A problem
- Differences have arisen about important beliefs. Not a problem , A problem
- Differences have arisen on leisure time interests. Not a problem , A problem
- We seem to be wanting different things out of life. Not a problem , A problem
- We are growing in different directions. Not a problem , A problem
- I don't much like who I am with my partner. Not a problem , problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

12. Very hard events (for example, violence, drugs, an affair) have occurred within the marriage. We are handling these well or they seem to be hard for the marriage to deal with right now.

Check all the specific items below.

- There has been physical violence between us. Not a problem , A problem
- There is a problem with alcohol or drugs. Not a problem , A problem
- This is turning into a marriage I hadn't bargained for. Not a problem , A problem
- Our marriage "contract" is changing. Not a problem , A problem
- I find some of what my partner wants upsetting or repulsive. Not a problem , A problem
- I am now feeling somewhat disappointed by this marriage. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

13. We work well as a team or we are not working very well as a team right now.

Check all the specific items below:

- We used to share more in the family's workload. Not a problem , A problem
- We seem to be pulling in opposite directions. Not a problem , A problem
- Spouse does not share in housework or childcare. Not a problem , A problem
- Spouse is not carrying weight financially. Not a problem , A problem
- I feel alone managing this family. Not a problem , A problem
- Spouse is not being very considerate. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

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

Check all the specific items below:

- I don't feel influential in decisions we make. Not a problem , A problem
- Spouse has become more domineering. Not a problem , A problem
- I have become more demanding. Not a problem , A problem
- Spouse has become passive. Not a problem , A problem
- Spouse is "spacey," not a strong force in the marriage. Not a problem , A problem
- I am starting to care a lot more about who is running things. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

15. We are handling issues of finances well or we are having trouble In this area.

Check all the specific items below:

- I, or my spouse, just don't bring in enough money. Not a problem , A problem
- We have differences about how to spend our money. Not a problem , A problem
- We are stressed about finances. Not a problem , A problem
- Spouse is financially more interested in self than us. Not a problem , A problem
- We are not united in managing our finances. Not a problem , A problem
- There is not enough financial planning. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

16. We are doing well having fun together or we are not having very much fun together these days.

Check all the specific items below:

- We don't seem to have very much time for fun. Not a problem , A problem
- We try but don't seem to enjoy our times together very much. Not a problem , A problem
- We are too stressed for fun. Not a problem , A problem
- Work takes up all our time these days. Not a problem , A problem
- Our interests are so different now that there are no fun things we like to do together. Not a problem , A problem
- We plan fun things to do but they never happen. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

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

Check all the specific items below:

- Sharing the same beliefs. Not a problem , A problem
- Agreeing about religious ideas and values. Not a problem , A problem
- Issues about the specific church, mosque, synagogue, etc. Not a problem , A problem
- Communicating well about spiritual things. Not a problem , A problem
- Issues about spiritual growth and change. Not a problem , A problem
- Spiritual issues involving family or children. Not a problem , A problem

Comments:

- If things are fine, write how you are managing this area of your lives
- If things are not fine, write the obstacles to improving this area of your relationship

Please list any additional comments here.