

Accepting Influence Questionnaire

(1) Answer each true/false statement.

- | | | |
|-----|---|---------------|
| 1. | I m really interested in my partner's opinion on our basic issues. | True or False |
| 2. | I usually learn a lot from my partner's opinion on our basic issues. | True or False |
| 3. | I want my partner to feel that what he or she says really counts with me. | True or False |
| 4. | I generally want to my partner to feel influential in our relationship. | True or False |
| 5. | I can listen to my partner, but only up to a point. | True or False |
| 6. | My partner has a lot of basic common sense. | True or False |
| 7. | I try to communicate respect even during our disagreements. | True or False |
| 8. | If I keep trying to convince my partner, I will eventually win out. | True or False |
| 9. | I don't reject my partner's opinions out of hand. | True or False |
| 10. | My partner is not rational enough to take seriously when we discuss our issues. | True or False |
| 11. | I believe in lots of give and take in our discussion. | True or False |
| 12. | I am very persuasive and usually can win arguments with my partner. | True or False |
| 13. | I feel I have an important say when we make decisions. | True or False |
| 14. | My partner usually has good ideas. | True or False |
| 15. | My partner is basically a great help as a problem solver. | True or False |
| 16. | I try to listen respectfully, even when I disagree. | True or False |
| 17. | My ideas for solutions are usually much better than my partners. | True or False |
| 18. | I can usually find something to agree with in my partner's position. | True or False |
| 19. | My partner is usually too emotional | True or False |
| 20. | I am the one who needs to make the major decisions in this relationship. | True or False |

(2) Scoring.

- Give yourself 1 point for each "true" answer except for questions 5,8,10,12,17,19,20
- subtract 1 point for each "true" answer to questions 5,8,10,12,17,19,20
- 6 and above is considered good. 6 and below this is an area for improvement.

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

YIELD TO WIN

- (1) Below is a series of common situations faced by couples today. Try to visualize these scenes with each playing a role and then flip so that each person has the opportunity to see each scenario fully.
- (2) No matter how negative your partner in the scenario sounds try to see it not as an attack on you but rather that the negativity shows how important the issue is to your partner.

1. You and your wife have not been getting along lately. Part of the problem is that you think she spends way too much money. Now she's insisting that you undergo expensive marital counseling. You point out that there is simply no money to pay for that until expenses are cut somewhere else. Your wife says, "I disagree. We can't afford not to get counseling. It's like borrowing for a needed vacation. We've got to do it!".

Reasonable part of wife's request:

You Say:

2. Since your wife is not working, you've asked that she clean the house and have dinner on the table by the time you come home. Tonight you walk into find that the laundry isn't folded and dinner isn't made. You complain, and she says, "You never notice how much I have done during the day. You just don't appreciate how much work it takes to keep the house going."

Reasonable part of wife's request:

You Say:

3. You've gone down to the local bar with a few friends to have a couple of beers. You and your wife have argued frequently about your going out drinking too often. Tonight she keeps calling you at the bar to say that if you don't come home right now, she's going to come get you. When you finally walk in the door, she is crying, "Instead of spending all your free time with your buddies at the bar, why don't you ever take me dancing?"

Reasonable part of wife's request:

You Say:

4. It's Saturday afternoon, and your wife has been cleaning and telling you about some repairs the house needs. You feel that she is not willing to make the financial sacrifices in other areas so that you can afford these repairs. She says, "You just don't think that what I want is important. You'll find money for things if you want them."

Reasonable part of wife's request:

You Say:

5. When you come home from work, the first thing you like to do is to get comfortable, have a drink, read the paper, and take off your shoes and socks. Some times you make a big mess in the living room, but you usually clean it up after dinner when you have more energy. One night, when you haven't clean up you wife says, "It really makes me mad the way you leave your stuff around. I'm tired too, and I wish I didn't have to pick up after you. Why can't you clean up before dinner?"

Reasonable part of wife's request:

You Say:

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).