

Flooding Questionnaire

(1) Answer the following true false questions.

1. Our discussions get too heated. **True or False**
2. I have a hard time calming down. **True or False**
3. One of us is going to say something we will regret. **True or False**
4. My partner gets too upset. **True or False**
5. After a fight I want to keep my distance. **True or False**
6. My partner yells unnecessarily. **True or False**
7. I can feel overwhelmed by our arguments. **True or False**
8. I can't think straight when my partner gets hostile. **True or False**
9. Why can't we talk more logically? **True or False**
10. My partner's negativity often comes out of nowhere. **True or False**
11. There's often no stopping my partner's temper. **True or False**
12. I feel like running away during our fights. **True or False**
13. Small issues suddenly become big ones. **True or False**
14. I can't calm down very easily during an argument. **True or False**
15. My partner has a long list of unreasonable demands. **True or False**

(2) Give your self one point for each true answer. 6 Points and above indicates a problem. 6 points and below indicates a strength.

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).