

Harsh Startup Questionnaire

(1) Answer the following true false questions.

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| 1. | My partner is often very critical of me. | True | False |
| 2. | I hate the way my partner raises an issue. | True | False |
| 3. | Arguments often seem to come out of nowhere. | True | False |
| 4. | Before I know it, we are in a fight | True | False |
| 5. | When my partner complains, I feel picked on. | True | False |
| 6. | I seem to always get blamed for issues. | True | False |
| 7. | My partner is negative all out of proportion. | True | False |
| 8. | I feel I have ward off personal attacks. | True | False |
| 9. | I often have to deny charges level at me. | True | False |
| 10. | My partner's feelings are too easily hurt | True | False |
| 11. | What goes wrong is often not my responsibility. | True | False |
| 12. | My partner criticizes my personality. | True | False |
| 13. | Issues get raised in an insulting manner. | True | False |
| 14. | My partner will at times complain in a smug or superior way. | True | False |
| 15. | I have just about had it with the negativity between us. | True | False |
| 16. | I feel basically disrespected when my partner complains. | True | False |
| 17. | I just want to leave the scene when complaints arise. | True | False |
| 18. | Our calm is suddenly shattered. | True | False |
| 19. | I find my partner's negativity unnerving and unsettling. | True | False |
| 20. | I think my partner can be totally irrational. | True | False |

(2) Scoring: Give yourself one point for each true answer. 5 Points or more this is an area that needs work in your relationship. 5 Points or below this is an area of weakness.

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).