

Repair Attempts Questionnaire

(1) Answer the following true false questions.

During our attempts to resolve conflicts:

1. We are good at taking breaks when we need them. True or False
2. My partner usually accepts my apologies. True or False
3. I can say that I am wrong. True or False
4. I am pretty good at calming myself down. True or False
5. We can maintain a sense of humor. True or False
6. When my partner says we should talk to each other in a different way it usually makes a lot of sense. True or False
7. My attempts to repair our discussions when they get negative are usually effective. True or False
8. We are pretty good listeners even when we have different positions on things. True or False
9. If things get heated, we can usually pull out of it and change things. True or False
10. My partner is good at soothing me when I am upset True or False
11. I feel confident that we can resolve most issues between us. True or False
12. When I comment on how we could communicate better my partner listens to me. True or False
13. Even if things get hard at times I know we can get past our differences. True or False
14. We can be affectionate even when we are disagreeing. True or False
15. Teasing and humor usually work to get my spouse over negativity. True or False
16. We can start all over again and improve our discussion when we need to. True or False
17. When emotions run hot, expressing how upset I feel makes a real difference. True or False
18. We can discuss even big differences between us. True or False
19. My partner expresses appreciation for nice things I do. True or False
20. If I keep trying to communicate it will eventually work. True or False

(2) A point for each true answer. 6 Points and above is good. 6 points and below indicates a problem.

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).