

Do you Avoid Conflicts or Do You Face Them Together?

Your response
T/F

How would your P respond?
T/F

- | | | |
|-------|---|-------|
| _____ | 1. I often hide my feelings to avoid hurting or inconveniencing my spouse | _____ |
| _____ | 2. When we disagree there is not much point in analyzing our feelings and motivations | _____ |
| _____ | 3. Time takes care of most of our conflicts | _____ |
| _____ | 4. When I am angry, I prefer to be left alone till I get over it | _____ |
| _____ | 5. During a disagreement there is not much point in trying to figure out what is happening at a psychological level | _____ |
| _____ | 6. I think it is inappropriate to show strong signs of anger, sadness or fear | _____ |
| _____ | 7. I just accept the things in my marriage I cannot change | _____ |
| _____ | 8. We learned not to talk about issues that cause disagreements | _____ |
| _____ | 9. Talking about disagreements just makes matters worse | _____ |
| _____ | 10. There are some areas in my life I prefer not to discuss with my partner | _____ |
| _____ | 11. There is not much point in trying to get my partner to see things my way | _____ |
| _____ | 12. Thinking positively solves a lot of marital issues | _____ |
| _____ | 13. Anger doesn't solve anything | _____ |
| _____ | 14. I prefer to work out negative feelings on my own | _____ |
| _____ | 15. In our marriage, there a fairly clear line between a man's role and a woman's role | _____ |
| _____ | 16. We turn to our basic religious or cultural values for help with conflict | _____ |
| _____ | 17. Its too easy for me to show when I am angry, sad or afraid | _____ |
| _____ | 18. Expressing negative feelings is selfish; it just brings your partner down | _____ |
| _____ | 19. Expressing sadness, fear, or anger makes you appear weak | _____ |
| _____ | 20. The best way to get over negative feelings is to ignore them until they go away | _____ |

Scoring: Count the number of items you and your partner marked as "T". If either of you scored eight or more, you may be using a style of marriage that avoids conflict.