

## THE FOUR HORSEMEN

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
I feel attacked or criticized when we talk about our disagreements.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I usually feel like my personality is being assaulted.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
In our disputes, at times, I don't even feel like my partner likes me very much.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I have to defend myself because the charges against me are so unfair.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often feel unappreciated by my spouse.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My feelings and intentions are often misunderstood.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't feel appreciated for all the good I do in this marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often just want to leave the scene of the argument.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I get disgusted by all the negativity between us.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel insulted by my partner at times.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I sometimes just clam up and become quiet.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I can get mean and insulting in our disputes.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel basically disrespected.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Many of our issues are just not my problem.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
The way we talk makes me want to just withdraw from the whole marriage.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I think to myself, "Who needs all this conflict?"	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner never really changes.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Our problems have made me feel desperate at times.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner doesn't face issues responsibly and maturely.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I try to point out flaws in my partner's personality that need improvement.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel explosive and out of control about our issues at times.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner uses phrases like "you always" or "you never" when complaining.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often get the blame for what are really our problems.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I don't have a lot of respect for my partner's position on our basic issues.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My spouse can be quite selfish and self-centered.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I feel disgusted by some of my spouse's attitudes.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)

WHEN WE DISCUSS OUR MARITAL ISSUES:	RESPONSE
My partner gets far too emotional.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I am just not guilty of many of the things I get accused of.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Small issues often escalate out of proportion.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
Arguments seem to come out of nowhere.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner's feelings get hurt too easily.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
I often will become silent to cool things down a bit.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)
My partner has a lot of trouble being rational and logical.	True <input type="checkbox"/> (1) False <input type="checkbox"/> (2)