

Name \_\_\_\_\_

Date \_\_\_\_\_

Circle: Male Female

### SOLVABLE AND PERPETUAL PROBLEMS IN YOUR MARRIAGE

Please think about how things are RIGHT NOW in each of the following areas of your relationship. Think about each area of your life together, and decide if it is fine or if it needs improvement. For each of the statements below, check the box that best describes your relationship. This applies to your relationship RIGHT NOW. For areas that need improvement, please indicate whether you think the problem (in that particular area of your relationship) is a *perpetual problem* or a *situational or solvable problem*.

A *perpetual problem* is one that keeps occurring in your marriage (and is due to basic differences in your two personalities or in your basic needs as individuals). If you think that the area is a problem, but that it is not a perpetual problem, then it is a *situational or solvable problem*.

1. We are staying emotionally connected   
or becoming emotionally distant  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

Just simply talking to each other.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Staying emotionally in touch with each other.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Feeling taken for granted.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Don't feel my spouse knows me very well right now.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Spouse is (or I am) emotionally disengaged.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Spending time together.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

2. We are handling job and other stresses effectively   
or experiencing the "spill over" of non-marital stresses  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

Helping each other reduce daily stresses.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Talking about these stresses together.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Talking together about stress in a helpful manner.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Spouse listening with understanding about my stresses and worries.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Spouse takes job or other stresses out on me.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Spouse takes job/other stresses out on the children or others in our life.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

3. We are handling issues or disagreements well   
or gridlocking on one or more issues  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

Differences have arisen between us that feel very basic.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
These differences seem unresolvable.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
We are living day-to-day with hurts.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
Our positions are getting entrenched.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
It looks like I will never get what I hope for.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>
I am very worried that these issues may damage our relationship.	Not a problem <input type="checkbox"/>	A problem <input type="checkbox"/>

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

4. The marriage is romantic and passionate   
or it is becoming passionless; the fire is going out  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| My spouse has stopped being verbally affectionate.      | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| My spouse expresses love or admiration less frequently. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We rarely touch each other.                             | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| My spouse (or I) have stopped feeling very romantic.    | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We rarely cuddle.                                       | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We have few tender or passionate moments.               | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

5. Our sex life is fine   
or there are problems in this area  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| The frequency of sex.                            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| The satisfaction I (or my spouse) get from sex.  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Being able to talk about sexual problems.        | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| The two of us wanting different things sexually. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Problems of desire.                              | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| The amount of love in our lovemaking.            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

6. An important event like the birth of a child, job loss, changes in job, or residence, an illness, the death of a loved one) has occurred in our lives. Yes  (Finish # 6) No  (Skip to #7)

The marriage is dealing with this well   
or the marriage is not dealing with this well  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| We have very different points of view on how to handle things. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| This event has led my partner to be very distant.              | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| This event has made us both irritable.                         | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| This event has led to a lot of fighting.                       | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I'm worried about how this will all turn out.                  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We are now taking up very different positions.                 | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

7. Major issues about children have arisen (this could be about whether or not to have a child) Yes  (Finish # 7)  
No  (Skip to #8)

The marriage is dealing with this well

or the marriage is not dealing with this well  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

We have very different points of view on goals for the children. Not a problem  A problem

We have different positions on what to discipline the children for. Not a problem  A problem

We have different positions on how to discipline the children. Not a problem  A problem

We have issues about how to be close to our children. Not a problem  A problem

We are not talking about these issues very well. Not a problem  A problem

There is a lot of tension or anger about these differences. Not a problem  A problem

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

8. Major issues or events have arisen about in-laws, a relative or relatives. Yes  (Finish # 8) No  (Skip to #9)

The marriage is dealing with this well

or the marriage is not dealing with this well  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

I feel unaccepted by my partner's family. Not a problem  A problem

I sometimes wonder which family my spouse is in. Not a problem  A problem

I feel unaccepted by my own family. Not a problem  A problem

There is tension between us about what might happen. Not a problem  A problem

This issue has generated a lot of irritability. Not a problem  A problem

I am worried about how this is going to turn out. Not a problem  A problem

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

9. Being attracted to other people or jealousy is not an issue

or spouse is flirtatious or there may be a recent extra-marital affair  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

This area is a source of a lot of hurt. Not a problem  A problem

This is an area that creates insecurity. Not a problem  A problem

I can't deal with the lies. Not a problem  A problem

It is hard to re-establish trust. Not a problem  A problem

There is a feeling of betrayal. Not a problem  A problem

It's hard to know how to heal this. Not a problem  A problem

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

10. When disagreements arise, we resolve issues well   
or unpleasant fights have occurred  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| There are more fights now.                           | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| The fights seem to come out of nowhere.              | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Anger and irritability has crept in to our marriage. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We get into muddles where we are hurting each other. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I don't feel very respected lately.                  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I feel criticized.                                   | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

11. We are in synchrony on basic values and goals   
or differences between us in these areas or in desired "life style" are emerging  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| Differences have arisen in life goals.              | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Differences have arisen about important beliefs.    | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Differences have arisen on leisure time interests.  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We seem to be wanting different things out of life. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We are growing in different directions.             | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I don't much like who I am with my partner.         | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

12. Very hard events (for example, violence, drugs, an affair) have occurred within the marriage. Yes  (Finish # 12)  
No  (Skip to #13)  
The marriage is dealing with this well   
or the marriage is not dealing with this well  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| There has been physical violence between us.                 | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| There is a problem with alcohol or drugs.                    | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| This is turning into a marriage I hadn't bargained for.      | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Our marriage "contract" is changing.                         | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I find some of what my partner wants upsetting or repulsive. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I am now feeling somewhat disappointed by this marriage.     | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

13. We work well as a team

or we are not working very well as a team right now  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| We used to share more in the family's workload.   | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We seem to be pulling in opposite directions.     | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse does not share in housework or child care. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse is not carrying weight financially.        | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I feel alone managing this family.                | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse is not being very considerate.             | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

14. We are coping well with issues of power or influence

or we are having trouble in this area  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| I don't feel influential in decisions we make.                | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse has become more domineering.                           | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I have become more demanding.                                 | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse has become passive.                                    | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse is "spacey", not a strong force in the marriage.       | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| I am starting to care a lot more about who is running things. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

15. We are handling issues of finances well

or we are having trouble in this area  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| I, or spouse, just doesn't bring in enough money.      | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We have differences about how to spend our money.      | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We are stressed about finances                         | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spouse is financially more interested in self than us. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We are not united in managing our finances.            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| There is not enough financial planning.                | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

16. We are doing well having fun together these days   
or we are not having very much fun together  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| We don't seem to have very much time for fun.   | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We try but don't seem to enjoy our times together very much.                            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We are too stressed for fun.  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Work takes up all our time these days.  | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Our interests are so different now that there are no fun things we like to do together. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| We plan fun things to do but they never happen.   | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

17. We are feeling close in building/being a part of the community together   
We are not feeling close in building/being a part of the community together  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |  |  |                                    |
|--|--|------------------------------------|
| Being involved with friends and other people or groups                   | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Caring about the institutions that build communities                     | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Putting time into the institutions of community (school, agencies, etc.) | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Doing projects or work for charity                                       | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Doing other good deeds for members of the community                      | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Taking a leadership role in the service of community                     | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.

18. We are feeling close in the area of spirituality together  
or we are not doing very well in that area these days  → [this problem is: perpetual , or situational/solvable

Check all the specific items below:

- |   |  |                                    |
|---|--|------------------------------------|
| Sharing the same beliefs.                                 | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Agreeing about religious ideas and values.                | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Issues about the specific church, mosque, synagogue, etc. | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Communicating well about spiritual things.                | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Issues that about spiritual growth and change.            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |
| Spiritual issues involving family or children.            | Not a problem <input type="checkbox"/> | A problem <input type="checkbox"/> |

Comments, and if things are fine, describe how you are managing this area of your lives. If things are not fine, describe the obstacles you see to improving this area of your relationship.