

Relationship Dynamic Scale

Adapted by Barrington H. Brennen (2019)

Use the following 4 point scale to rate how often you and your mate or partner experience the following:

1 = almost never **2** = once in a while **3** = frequently **4** = Dose not apply

Circle the appropriate number

- 1 2 3 4 Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bringing up past hurts
- 1 2 3 4 My partner criticizes or belittles my opinions, feelings, or desires.
- 1 2 3 4 My partner seems to view my words or actions more negatively than I mean them to be.
- 1 2 3 4 When we have a problem to solve, it is like we are on opposite teams.
- 1 2 3 4 I hold back from telling my partner what I really think and feel.
- 1 2 3 4 I think seriously about what it would be like to date or marry someone else.
- 1 2 3 4 I feel lonely in this relationship.
- 1 2 3 4 When we argue, one of us withdraws...that is, doesn't want to talk about it anymore; or leaves the scene.
- 1 2 3 4 My partner hurts me emotionally with his/words, insulting phrases and put downs.
- 1 2 3 4 My partner hurts me physically by hitting, slapping, punching or pushing, etc
- 1 2 3 4 I believe my partner is not telling the truth about romantic relationship with other persons.
- 1 2 3 4 My partner's use of the cell phone/computer/iPad interferes with our relationship.
- 1 2 3 4 My partner spends too much time outside of the home socializing with friends or strangers
- 1 2 3 4 The use of cigarettes is impacting our relationship
- 1 2 3 4 The use of marijuana/cocaine is impacting our relationship
- 1 2 3 4 The use of alcohol is impacting our relationship
- 1 2 3 4 Gambling habit is impacting our relationship
- 1 2 3 4 The use of pornography is impacting our relationship
- 1 2 3 4 In-laws are interfering in our relationships
- 1 2 3 4 My partner has been sexually or emotionally unfaithful.
- 1 2 3 4 I have been sexually or emotionally unfaithful.
- 1 2 3 4 The sex life before our relationship is having a negative impact on our current relationships
- 1 2 3 4 Our sex life is exiting and meaningful.
- 1 2 3 4 My sexual performance with my partner is causing problems in the relationship.
- 1 2 3 4 Our child(ren) sleeps in the bed with us causing emotional distance.
- 1 2 3 4 Our method of financial management is causing a problem in the relationship