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**Version 8**

**Free Sample**

**One of Eight Dimensions: Conflict Management**

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## Instructions

A strong marriage is based on a foundation of trust, love and respect, mutual friendship, and the ability to successfully handle the inevitable differences that occur when two people unite their lives.

This questionnaire focuses on eight dimensions of a healthy, well-connected marriage, namely trust, partnership, support, togetherness, emotional intimacy, warmth/affection, chemistry, and conflict management. It highlights those dimensions that are currently strengths in your relationship and those that may be work areas.

Each dimension is further broken down into three distinct principles of healthy relationships. Read the statements underneath each principle, and for each statement mark your response as to how often that statement is true for you or your marriage.

Also, rate how satisfied you feel in your current relationship with regard to each principle (from “very unhappy” to “very happy”).

To give each principle a combined score out of ten, first sum the scores for each of the five statements for a given principle, and add that sum to the the satisfaction rating (out of 10) to yield a number out of twenty. Then divide that number by two (round up to nearest whole number). Enter that number in the “Total” box for each principle.

At the bottom of each page is a place to sum the three “Total” scores on each dimension. Calculate the “Total Dimension Score” by summing all three of the “Total” scores for each of the principles within each dimension. This will give you a Total Dimension Score out of thirty.

Finally, under each dimension, write down a few brief sentences describing your strengths in that area. Also write down your ideas about what would help you feel more satisfied with each dimension.

**Disclaimer:**

This questionnaire is primarily designed to increase awareness of your current satisfaction levels with various aspects of the relationship, including your strengths and work areas as a couple. The usefulness of this questionnaire depends a great deal on your honesty and the attitude of openness with which you review the results. It is intended to be used as a means of facilitating discussion between you and your partner about the health of your relationship, but is not meant to be diagnostic. If you have questions about the viability and health of your relationship, it is recommended that you seek the services of a qualified professional.

## 8. Conflict Management

For each statement, mark an answer choice that represents the best answer for you. It may not be completely accurate, as long as it is the best answer. Also, if there is any statement that highlights a high priority issue for you that you want to discuss or resolve with your spouse in counselling, place a check (✓) to the left of that statement.

### A. Dealing with Differences Productively

1. Our disagreements, when they do happen, become increasingly negative, judgmental and circular; nothing gets resolved the more we talk.  Rarely True (2)  Sometimes True (1)  Frequently True (0)
2. There is a lot of blame and faultfinding in our disagreements  Rarely True (2)  Sometimes True (1)  Frequently True (0)
3. One or both of us makes the other person wrong when we disagree  Rarely True (2)  Sometimes True (1)  Frequently True (0)
4. My spouse tends to get very defensive when I am upset about something in our relationship.  Rarely True (2)  Sometimes True (1)  Frequently True (0)
5. When my spouse is upset with me, he or she says things that sound belittling or that put me down.  Rarely True (2)  Sometimes True (1)  Frequently True (0)

SUB-TOTAL A (Add 1-5) / 10

How <b>SATISFIED</b> am I with our current ability to deal with our differences productively?									
1	2	3	4	5	6	7	8	9	10
Very Dissatisfied		Dissatisfied		Neutral		Satisfied		Very Satisfied	
(SUB-TOTAL A + Satisfaction Rating) ÷ 2 (round up to next whole number) = COMBINED TOTAL									/ 10

### B. Flexibility and Accommodation

6. We try to negotiate with each other to reach a solution  Rarely True (0)  Sometimes True (1)  Frequently True (2)
7. We try to understand each other's point of view when we have a difference of opinion  Rarely True (0)  Sometimes True (1)  Frequently True (2)
8. We try to compromise and find win-win solutions  Rarely True (0)  Sometimes True (1)  Frequently True (2)
9. We issue selfish demands of the other when in conflict  Rarely True (2)  Sometimes True (1)  Frequently True (0)
10. I am very stubborn and will insist that my way is right  Rarely True (2)  Sometimes True (1)  Frequently True (0)

SUB-TOTAL B (Add 6-10) / 10

How <b>SATISFIED</b> am I with our current level of flexibility in dealing with our differences?									
1	2	3	4	5	6	7	8	9	10
Very Dissatisfied		Dissatisfied		Neutral		Satisfied		Very Satisfied	
(SUB-TOTAL B + Satisfaction Rating) ÷ 2 (round up to next whole number) = COMBINED TOTAL									/ 10

### C. Active Listening

11. My partner listens closely to me during a disagreement  Rarely True (0)  Sometimes True (1)  Frequently True (2)
12. My partner tries to put himself or herself in my shoes  Rarely True (0)  Sometimes True (1)  Frequently True (2)
13. My spouse works at not interrupting me or getting defensive  Rarely True (0)  Sometimes True (1)  Frequently True (2)
14. My spouse listens without being judgmental or dismissive  Rarely True (0)  Sometimes True (1)  Frequently True (2)
15. My spouse tries to ask questions about how I actually feel rather than assuming he / she knows what I think or feel  Rarely True (0)  Sometimes True (1)  Frequently True (2)

SUB-TOTAL C (Add 11-15) / 10

How <b>SATISFIED</b> am I with how much I feel listened to and heard?									
1	2	3	4	5	6	7	8	9	10
Very Dissatisfied		Dissatisfied		Neutral		Satisfied		Very Satisfied	
(SUB-TOTAL C + Satisfaction Rating) ÷ 2 (round up to next whole number) = COMBINED TOTAL									/ 10

**DIMENSION SCORE: CONFLICT (Sum the combined totals: A+B+C)**

/ 30
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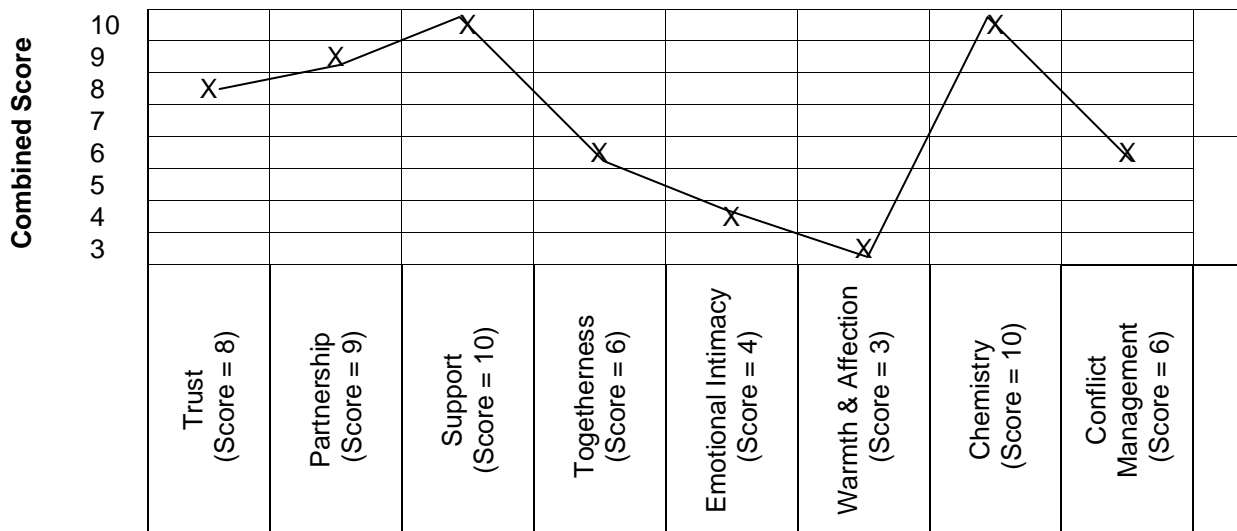
Our strengths in these areas: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My concerns in these areas: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Scoring

Transfer your total dimension scores to the graph on the following page, so that you can see all of the scores at a glance. In each column, place an X in the box that corresponds to your total score for that particular dimension. After placing all eight X's, draw a line from the X in the Trust column to the X in the Partnership column, then to the X in the Support column, and so on until you have drawn a line through each of the eight X's. This creates a profile of your scores.

For example:



For each of the eight dimensions use the following scale to help you interpret your score:

### Score:

**27-30:** **Very Happy.** Scores in this range typically indicate very high satisfaction overall.

**21-26:** **Generally Happy.** Scores in this range typically indicate high satisfaction and low distress with this aspect of the relationship overall, but there may be some areas of improvement that could be discussed further with your partner.

**13-20** **Neutral.** Scores in this range typically indicate neither high nor low satisfaction. Scores in this range may indicate mild distress with certain aspects of the relationship, suggesting the need for a “tune-up”. There may be certain aspects you are happy with and certain aspects you are unhappy with.

**7-12** **Generally Unhappy.** Scores in this range typically indicate low satisfaction and moderate to severe distress overall with this aspect of the relationship.

**3-6** **Very Unhappy.** Scores in this range typically indicate very low satisfaction and severe distress overall with this aspect of the relationship.



### Application

1. Review your answers in each of the eight dimensions. Choose one or two areas that you would like to focus on improving. Set a goal for yourself to strengthen that specific area of your relationship. Select several action steps that you will take to help you accomplish that goal.
2. Have your spouse complete the Marriage Quiz independently of you. Then both of you compare your responses within each of the eight dimensions. Choose an area that you feel needs improvement and discuss with each other what each of you can do to strengthen that area as a couple.
3. Compare your responses. Are they very similar or are they very different? If they are very different, discuss with each other possible reasons why they might be different. Pay attention to dimensions where you or your spouse scored low on satisfaction. Go back and review the specific aspects of that dimension with each other to see why your scores were low. Discuss with each other any strengths you noted in those areas as well as things you yearn for that would help you feel more satisfied. Discuss with each other how to strengthen your relationship in those areas. Pay particular attention to any items that either of you checked off as being particularly important items to you that you wish to discuss with your partner in private and/or in counselling.
4. Retake this questionnaire after a few months of working on your marriage in order to track your progress over time.

Note: This is not a standardized or validated test and should not be used for diagnostic purposes. The purpose of this questionnaire is to highlight strengths and work areas in your relationship and to facilitate discussion, planning and goal-setting between partners.