

## RELATIONSHIP FITNESS

### RELATIONSHIP DYNAMICS SCALE

**Stanley & Markman 1996**

*Please answer each of the following questions in terms of your relationship with your "partner". We recommend that you answer these questions by yourself (not with your partner), using the ranges below for your own reflection.*

**Use the following 3 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**

1 2 3 Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bringing up past hurts.

1 2 3 My partner criticizes or belittles my opinions, feelings, or desires.

1 2 3 My partner seems to view my words or actions more negatively than I mean them to be.

1 2 3 When we have a problem to solve, it is like we are on opposite teams.

1 2 3 I hold back from telling my partner what I really think and feel.

1 2 3 I think seriously about what it would be like to date someone else.

1 2 3 I feel lonely in this relationship.

1 2 3 When we argue, one of us withdraws... that is, doesn't want to talk about it anymore; or leaves the scene.

## **WHERE ARE YOU AT IN YOUR RELATIONSHIP?**

These questions are based on fifteen of research at the University of Denver on the kinds of communication and conflict management patterns that predict if a relationship is headed for trouble. These ranges are based on your individual rating of your relationship, not a total of your two ratings.

We have recently completed a nationwide, random phone survey using these questions. The average score was 11 on this scale, and higher scores mean your relationship may be in greater danger unless changes are made.

### **8 to 12 "Green Light"**

If you scored in the 8 - 12 range, your relationship is probably in good or even great shape at THIS TIME, but the emphasis is on "at THIS TIME" because relationships don't stand still. In the next 12 months, you'll either have a stronger, happier relationship, or you could head in the other direction.

To think about it another way, it's like you are traveling along and have come to a green light. There is no need to stop, but it is probably a great time to work on making your relationship all it can be.

### **13 to 17 "Yellow Light"**

If you scored in the 13 - 17 range, it's like you are coming to a "yellow light." You need to be cautious. While you may be happy now in your relationship, your score reveals warning signs of patterns you don't want to get worse. You'll want to be taking action to protect and improve what you have. Spending time to strengthen your relationship now could be the best thing you could do for your future together.

### **18 to 24 "Red Light"**

Finally, if you scored in the 18 - 24 range, it's like approaching a red light. Stop, and think about where the two of you are headed. Your score indicates the presence of patterns that could put your relationship at significant risk. You may be heading for trouble -- or already be there. But there is GOOD NEWS. You can stop and learn ways to improve your relationship now!

Stanley and Markman, 1996, Copyright PREP, Inc. (303) 759-9931