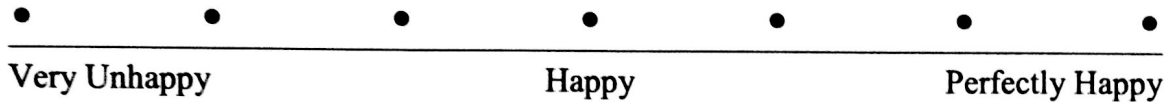


## LOCKE-WALLACE MARITAL ADJUSTMENT TEST

Circle the dot on the scale line which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy," represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage, and on the other, to those few who experience extreme joy or felicity in marriage.



State the approximate extent of agreement or disagreement between you and your mate on the following items. Please check each column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
Handling family finances						
Matters of recreation						
Demonstrations of affection						
Friends						
Sex relations						
Conventionality (right, good, or proper conduct)						
Philosophy of life						
Ways of dealing with in-laws						

**Circle one:**

1. When disagreements arise, they usually result in:  
 (a) husband giving in      (b) wife giving in      (c) agreement by mutual give and take
2. Do you and your mate engage in outside interests together?  
 (a) all of them      (b) some of them      (c) very few of them      (d) none of them
3. In leisure time do you generally prefer:  
 (a) to be "on the go"      (b) to stay at home?
4. Does your mate generally prefer:  
 (a) to be "on the go"      (b) to stay at home?
5. Do you ever wish you had not married?  
 (a) frequently      (b) occasionally      (c) rarely      (d) never
6. If you had your life to live over again, do you think you would:  
 (a) marry the same person      (b) marry a different person      (c) not marry at all?
7. Do you ever confide in your mate:  
 (a) almost never      (b) rarely      (c) in most things      (d) in everything?

## REVISED DYADIC ADJUSTMENT SCALE

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Religious matters	5	4	3	2	1	0
2. Demonstrations of affection	5	4	3	2	1	0
3. Making major decisions	5	4	3	2	1	0
4. Sex relations	5	4	3	2	1	0
5. Conventionality (correct or proper behavior)	5	4	3	2	1	0
6. Career decisions	5	4	3	2	1	0

	All the Time	Most of the time	More often than not	Occasionally	Rarely	Never
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
8. How often do you and your partner quarrel?	0	1	2	3	4	5
9. Do you ever regret that you married (or lived together)?	0	1	2	3	4	5
10. How often do you and your mate "get on each other's nerves"?	0	1	2	3	4	5

	Everyday	Almost Everyday	Occasionally	Rarely	Never
11. Do you and your mate engage in outside interests together?	4	3	2	1	0

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
12. Have a stimulating exchange of ideas	0	1	2	3	4	5
13. Work together on a project	0	1	2	3	4	5
14. Calmly discuss something	0	1	2	3	4	5

## The Hope Project Symptom Checklist

Please read all directions carefully and rate only what you actually have experienced, not what you think you should report. This is a list of problems people sometimes have individually or in their relationship. Please answer how much you were bothered or upset by this problem in the last 2 weeks, including today.

	None	Somewhat	Most	All the time	Not in the last 2 weeks, but in past
1. Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Being irritated or bothered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Feel extremely positive about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Difficulty remembering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. See or hear things that aren't there	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Don't feel anything (no positive or negative feelings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Only need a few hours of sleep to get going again	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Going on a spending spree I can't afford	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Sexual behavior that is risky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Pounding heart, accelerated heart rate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Trembling, shaking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Shortness of breath, choking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Fear of losing control or going crazy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Fear of dying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Feeling you are not yourself, unreal, detached	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Fear of leaving my house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Fear of talking to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Thinking about problems so that it interferes with everyday tasks like driving or cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Thoughts that intrude into your life that you don't want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Checking things repeatedly to make sure I am OK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	None	Somewhat	Most	All the time	Not in the last 2 weeks, but in past
23. Repeating things like hand washing or ordering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Feeling others are talking about you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Nightmares or night terrors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Memories of a traumatic event like abuse, accident or injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Being jumpy or easily startled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Being restless, keyed up or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Unwanted attraction to someone of the same sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Pain during intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Difficulty with erection, sexual excitement or orgasm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Feeling inadequate sexually	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. Feeling inadequate as a man or a woman	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. Having sexual thoughts you don't want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. Use of pornography	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. Eating much more than I need in one sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. Using hours of exercise, laxatives or vomiting to lose weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. Feeling fat, disgusted with your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. Insomnia / lack of sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. Problems with gambling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





## Couples Assessment of Relationship Elements (CARE)

Please rate your relationship on the following seven areas from 1- couldn't be worse to 7- couldn't be better.

	Couldn't be worse		Not bad not good			Couldn't be better	
	1	2	3	4	5	6	7
<b>Communication</b>	1	2	3	4	5	6	7
<b>Resolution of differences</b>	1	2	3	4	5	6	7
<b>Freedom from blaming your partner when things go wrong</b>	1	2	3	4	5	6	7
<b>Willingness to admit to having hurt your partner and ask your partner for forgiveness</b>	1	2	3	4	5	6	7
<b>Ability to forgive your partner after a hurt</b>	1	2	3	4	5	6	7
<b>Intimacy</b>	1	2	3	4	5	6	7
<b>Commitment to my partner for the long term</b>	1	2	3	4	5	6	7

Created by Worthington et al, 1997