

RELATIONSHIP STYLE QUESTIONNAIRE

Name _____

Date _____

Answer “true” to each of the following statements if you mostly agree and “false” if you mostly disagree.

1. Most problems clear up on their own. True False
2. People who are in a loving relationship should share everything. True False
3. When I feel upset I like to work it out on my own. True False
4. Anger is just a way of showing how I feel. True False
5. A relationship needs some excitement to keep from getting boring. True False
6. Time can solve most arguments if you leave them alone. True False
7. I believe in sharing my personal thoughts and feelings with my partner. True False
8. When you have a disagreement, it's good to discuss it and not fight about it. True False
9. Sometimes, if I'm in a bad mood, I have to express it to get rid of it. True False
10. Most problems will work themselves out if you stay calm. True False
11. Often the best way to handle a disagreement is to just drop the topic. True False
12. A couple should listen to each other and work things through. True False
13. Being reasonable is the best way to handle a disagreement. True False
14. It's hard for me to hide my feelings. True False
15. I often hide my feelings because I don't want to hurt my partner. True False
16. A couple should have a strong sense of togetherness. True False
17. A couple can love each other and not have to express it. True False
18. A couple should deal with everything, even minor issues. True False
19. In a relationship it's a very good idea to have your own bank account. True False
20. A good home and a strong relationship are your best protection. True False
21. A couple should do as many things together as they can. True False
22. A lot of debate or analysis doesn't help to solve differences of opinion. True False
23. If I'm in a bad mood, I prefer to handle it myself until it passes. True False
24. Doing everything together can smother a relationship. True False
25. I want our relationship to stay very romantic. True False
26. Being together is the real reason for having a relationship. True False
27. Companionship is the most important element in a relationship. True False
28. Going over a disagreement can only make it worse. True False
29. I believe a couple should have a joint bank account. True False
30. I don't like it when people get angry. True False

RELATIONSHIP STYLE QUESTIONNAIRE, continued

31. Expressing unhappy feelings in a discussion usually makes things worse. True False
32. I can handle it when my partner gets angry. True False
33. Fun and fighting are both part of a healthy relationship. True False
34. When each partner has his or her own interests, the relationship can be better. True False
35. Sometimes I feel jealous. True False
36. A healthy argument can make a relationship stronger. True False
37. You shouldn't be angry with someone you love. True False
38. In a good relationship you shouldn't keep secrets from each other. True False
39. Sometimes I think I enjoy getting angry and expressing my real feelings. True False
40. Spending time apart can keep a relationship exciting. True False
41. Displays of negative emotion make me uncomfortable. True False
42. I don't like to talk about most personal issues with my partner. True False
43. A couple should always take their vacations together. True False
44. Sometimes the best loving comes after a big argument. True False
45. I don't believe people are being honest if they don't show strong feelings. True False
46. My values give me a clear sense of direction in life. True False
47. I feel uncomfortable when someone gets emotional. True False
48. Most of the time if I can't change something in my relationship I just accept it. True False
49. It isn't productive to argue about minor issues in a relationship True False
50. In an argument I enjoy trying to convince my partner that I'm right. True False
51. A couple should deal with their issues, no matter how much they disagree. True False
52. I don't think there is much in life that is worth arguing about. True False
53. I can enjoy a good argument with my partner. True False
54. I like to feel that my partner is my best friend. True False
55. I don't like to argue with my partner. True False
56. Couples who share basic values have stronger relationships. True False
57. Anger doesn't accomplish anything in a discussion. True False
58. A relationship works best when both partners know what they are
supposed to do and stick to it. True False
59. Being open and honest with each other is good for a relationship
even if you get temporarily upset. True False
60. I enjoy going over the pleasant things we have done together such as
looking at videos of our vacation or just talking about good times. True False