

### *Repair Attempts Questionnaire*

Complete the following questionnaire together. Read each statement below and choose **True** or **False**.

<b>During our attempts to resolve conflict:</b>	<b>True</b>	<b>False</b>
1. We are good at taking breaks when we need them.		
2. My partner usually accepts my apologies.		
3. I can say that I am wrong.		
4. I am pretty good at calming myself down.		
5. We can maintain a sense of humor.		
6. When my partner says we should talk to each other in a different way, it usually makes a lot of sense.		
7. My attempts to repair our discussions when they get negative are usually effective.		
8. We are pretty good listeners even when we have different positions on things.		
9. If things get heated, we can usually pull out of it and change things.		
10. My partner is good at soothing me when I get upset.		
11. I feel confident that we can resolve most issues between us.		
12. When I comment on how we could communicate better my spouse listens to me.		
13. Even if things get hard at times I know we can get past our differences.		
14. We can be affectionate even when we are disagreeing.		

During our attempts to resolve conflict:	True	False
15. Teasing and humor usually work to get my partner over negativity.		
16. We can start all over again and improve our discussion when we need to.		
17. When emotions run hot, expressing how upset I feel makes a real difference.		
18. We can discuss even big differences between us.		
19. My partner expresses appreciation for nice things I do.		
20. If I keep trying to communicate it will eventually work.		

**Scoring:**

Give yourself one point for each “true” answer.

Total score:

**6 or Above:** This is an area of strength in your relationship. When conflict discussions are at risk of getting out of hand, you are able to put on the brakes and effectively calm each other down.

**Below 6:** Your relationship could stand some improvement in this area. By learning how to repair your interactions when negativity engulfs you, you can dramatically improve the effectiveness of your problem solving and develop a more positive perspective of each other and your relationship.