Your Name:_____   ID_____   Date: _____

Repair Attempts

Read each statement and fill in the appropriate TRUE or FALSE bubble.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:

		TRUE	FALSE
1.	We are good at taking breaks when we need them.	◯	◯
2.	When I apologize, it usually gets accepted by my partner.	◯	◯
3.	I can say that I am wrong.	◯	◯
4.	I am pretty good at calming myself down.	◯	◯
5.	Even when arguing, 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 partner 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.	◯	◯
15.	Teasing and humor usually work with my partner for getting over negativity.	◯	◯
16.	We can start all over again and improve our discussions when we need to.	◯	◯
17.	When emotions run hot, expressing how upset I feel makes a real difference.	◯	◯
18.	Even when there are big differences between us, we can discuss these.	◯	◯
19.	My partner expresses appreciation for nice things I do.	◯	◯
20.	If I keep trying to communicate, it will eventually work.	◯	◯