

Your Name: _____ ID _____ Date: _____

The Six "Detour" Scales

FLOODING

Instructions: Read each statement and place a check mark in the appropriate True or False box.

	TRUE	FALSE
1. Our discussions get too heated.	<input type="checkbox"/>	<input type="checkbox"/>
2. I have a hard time calming down.	<input type="checkbox"/>	<input type="checkbox"/>
3. One of us is going to say something we will regret.	<input type="checkbox"/>	<input type="checkbox"/>
4. I think to myself, "Why can't we talk more logically?"	<input type="checkbox"/>	<input type="checkbox"/>
5. My partner has a long list of unreasonable demands.	<input type="checkbox"/>	<input type="checkbox"/>

CHAOS

Instructions. Check Yes or No for each item below.

	YES	NO
1. Does your home life together feel chaotic?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there any sense of disorder in your life together?	<input type="checkbox"/>	<input type="checkbox"/>
3. In this relationship are you unable to function well in your own life?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do major unplanned events keep happening to the two of you?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are the two of you always having to adapt to changing circumstances?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you sometimes feel personally out of control of your life?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you sometimes feel like a "feather in the wind" in this relationship?	<input type="checkbox"/>	<input type="checkbox"/>
8. Is it hard for you both able to work regularly?	<input type="checkbox"/>	<input type="checkbox"/>
9. Is it hard for the two of you to maintain a regular and reliable schedule?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does your financial life seem unstable?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do your finances feel out of control?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do the two of you have trouble eating well (nutritiously)?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have the two of you been unable to have a routine for grocery shopping?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have the two of you been unable to have a regular routine for meals?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have the two of you been unable to maintain good health?	<input type="checkbox"/>	<input type="checkbox"/>

Your Name: _____ ID _____ Date: _____

TRUST

Instructions: For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. There were important times when my partner had not been there for me emotionally when I was really in need.					
2. My partner has been or is emotionally involved with someone else, which feels like a betrayal.					
3. My partner has been or is sexually involved with someone else, which feels like a betrayal.					
4. I don't have much trust in any relationship.					
5. Once, when I really needed to turn to my partner for emotional support, I was terribly disappointed and left utterly alone.					
6. Sometimes I don't feel important to my partner.					
7. My partner has forced me to do some things against my principles, or to do things that I find objectionable, repulsive, or disgusting.					
8. My partner lies to me.					
9. There are some wounds my partner has created that can never fully heal between us.					
10. My trust in this relationship has been seriously shattered.					
11. I don't feel that I am my partner's first or even major priority in his or her life.					
12. My partner has cheated me and I feel betrayed by that.					
13. My partner has betrayed me financially.					
14. When going through hard times in our relationship, I don't feel I can count on my partner to be there for me.					
15. Our vows aren't really sacred to my partner.					
16. My partner can be deceitful with me in many ways.					
17. When I get sick, I am abandoned by my partner.					
18. I can't really count on my partner.					
19. If I should have financial problems, my financial problems are totally my own. I cannot rely on my partner to help me out.					
20. I suspect that my partner has betrayed our relationship contract in the past.					
21. My partner is not really loyal to me.					

Your Name: _____ ID _____ Date: _____

COMMITMENT

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. I feel confident that my partner will stay in this relationship even if we are going through hard times.					
2. When I am feeling bad, my partner is willing to meet my needs.					
3. During a fight, my partner does not threaten to leave me.					
4. I am committed to this relationship.					
5. I consider my relationship rock solid.					
6. I would refuse to have sex with a person other than my partner.					
7. I will sometimes make major sacrifices for my partner even if it goes against what I need.					
8. I make sure that my partner feels loved by me.					
9. When my partner is sick, I think it is very important that I take care of him or her.					
10. When I compromise with my partner, I don't feel controlled and manipulated.					
11. Being a team is sometimes more important to me than my own needs					
12. I feel that my partner's financial security is in part my responsibility.					
13. If my partner were in emotional trouble, I would be there 100%.					
14. After an argument, I am not thinking that I could be happier with someone else.					
15. During a fight, I do not threaten to leave my partner.					
16. I am not waiting for someone better to come along.					
17. We are not usually engaged in a power struggle.					
18. I want to stay with my partner forever.					
19. I would avoid flirting if it made my partner feel insecure.					
20. No matter what's going on, I never fantasize about divorce or separation.					
21. No matter how bad things get I never long for the days when I was single.					
22. I never envy my friends who are single.					

Your Name: _____ ID _____ Date: _____

COMMITMENT—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
23. I never fantasize about what life would be like being someone else's partner.					
24. I love it when my partner and I dream about our future together.					
25. I love thinking about my partner and I growing old together					
26. My worst nightmare is my partner dying before me.					
27. I feel loved by my partner.					

**META-EMOTIONS
(YOUR OWN FEELINGS ABOUT EMOTIONS)**

What's your emotion philosophy?

Instructions: For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. I try not to think much about my own emotional states.					
2. I believe that people should just roll with the punches and get on with life.					
3. There's not much point in dwelling on your inner feelings.					
4. I generally view being emotional as being out of control.					
5. People ought to be more rational and less emotional.					
6. I think expressing emotion is okay only if it's in control.					
7. Anger is a very dangerous emotion.					
8. People often act emotional just to get what they want.					
9. If you ignore negative emotions, they tend to go away and take care of themselves.					
10. It is best to just "ride out" negative emotions and not dwell on them.					
11. I don't mind other people's negative moods as long as they don't last too long.					

Your Name: _____ ID _____ Date: _____

META-EMOTIONS—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
12. I try to get over sadness quickly so I can move on to better things.					
13. I set some definite limits on other people's staying in a negative emotional state.					
14. I tend get impatient with people's sadness.					
15. I believe in not paying attention to people if they aren't positive or cheerful.					
16. People can't be very rational if they are being emotional.					
17. I really don't want to experience negative emotions.					
18. It isn't important to dwell on why you are feeling the way you feel.					
19. When people get sad they are just feeling sorry for themselves.					
20. I think if you want to you can make yourself feel positively about almost anything.					
21. I am not sure anything can be done when someone is feeling down.					
22. I just don't think people should ever show their anger.					
23. It is unnecessary to look deeply at the causes of one's emotions.					
24. I just try not to make a big deal out of my own emotions.					
25. There is very little to be gained by dwelling on why one is feeling a certain way.					
26. People can definitely not tell what I am feeling.					
27. Anger is always a very toxic emotion.					
28. Feelings are private and I try not to express them outwardly.					
29. There's not much difference between anger and aggression.					
30. Expressions of affection are usually embarrassing for me.					
31. I try to avoid people when they are sad.					
32. Generally, I am fairly neutral and don't experience very much emotion.					
33. Sadness is a form of weakness.					
34. Feelings are best kept to one's self.					
35. Ideally, it is better to stay in control, upbeat, and positive.					
36. If people are emotional they may lose control.					

Your Name: _____ ID _____ Date: _____

META-EMOTIONS—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
37. To get over a negative emotion, just get on with life and don't dwell on things.					
38. I don't feel comfortable with outward displays of love.					
39. People ought to know when you love them without your having to say so.					
40. Dwelling on your fears just is an excuse for not getting things done.					
41. In general it's better not to express your sad feelings.					
42. I'm not sure that there's much that can be done to change strong negative feelings.					
43. Trying to problem solve with an emotional person is a waste of time.					
44. When my partner is angry it means there is something wrong with our relationship.					
45. Just the passage of time solves most things.					

MY FAMILY HISTORY

Instructions: We'd like to ask you some questions about stresses and supports you experienced as a child growing up in your family. Please answer these questions as honestly as you can. For the following items answer the degree to which you agree or disagree with each item by checking the box under Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, or Strongly Agree.

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
1. The family I grew up in struggled financially.					
2. I was physically abused by my parent(s).					
3. My relationships with my siblings were not close.					
4. I was sexually abused or molested in my family.					
5. My family home was a place of instability and insecurity.					
6. My family moved too often.					
7. My parents were not affectionate toward me.					
8. One or both of my parents were alcoholic.					
9. My parents were unhappy with one another.					
10. I never really trusted my parents.					
11. My parents had no faith in my abilities.					
12. My parents didn't praise me very much.					
13. My parents didn't often show me that they loved me.					

Your Name: _____ ID _____ Date: _____

MY FAMILY HISTORY—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
14. I was lonely as a child.					
15. My parents didn't protect me from danger very well.					
16. We didn't travel very much together as a family.					
17. Growing up I could never talk to my parents about my feelings.					
18. My home was very chaotic.					
19. My parents used unnecessarily strict and harsh discipline.					
20. It was never okay for me to tell my parents what my needs were.					
21. I was not accepted by my peers.					
22. My parents would use shame, or belittle me.					
23. There was no love and affection expressed in my family.					
24. Ours was not a child-centered home.					
25. The kids were ignored by my parents.					
26. There was lots of rivalry between my siblings.					
27. My home was not open socially to guests and visitors.					
28. My parent(s) used illicit drugs or alcohol.					
29. My parents forced me to do a lot of chores.					
30. There was a lot of conflict in my family.					
31. My parents gave me very little freedom to explore my interests.					
32. I experienced cruelty from my family.					
33. I witnessed violence between my parents or adults in my family.					
34. I had no supportive teachers at school.					
35. I didn't have a sense of belonging in my family.					
36. I experienced abuse or bullying from peers at school.					
37. My parents were not understanding and empathic toward my feelings.					
38. My father was not present, or absent a lot.					
39. My parents were emotionally volatile.					
40. I often got blamed when something went wrong at school.					
41. I had no good friends growing up.					
42. My parents rarely came to my own special events.					
43. My parents had bad temper outbursts.					

Your Name: _____ ID _____ Date: _____

MY FAMILY HISTORY—(Continued)

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
44. I didn't get the attention I needed growing up.					
45. My father was a cold person.					
46. My parents were neglectful.					
47. I was not accepted by my peers.					
48. My parents never really knew me well.					
49. There was a lot of tension in my home growing up.					
50. My mother was a cold person.					
51. I was given few choices as a kid.					
52. I was physically hungry as a kid.					
53. I never really got know my father.					
54. I rarely look forward to family gatherings or visits from relatives.					
55. We are not a strong or unified family.					
56. I never took fun vacations with my family.					
57. My family was not emotionally expressive.					
58. My parents were strict and authoritarian.					
59. I dislike my some of brothers or sisters.					
60. I am competitive with one or more of my siblings.					
61. My family was not active in the community.					
62. It was never okay for me to make mistakes.					
63. I was compared unfavorably to others by my parents.					
64. My parents were too perfectionist.					
65. My mother and father were critical of me.					
66. We did not usually eat together as a family.					
67. We rarely had fun family holidays together.					
68. My preferences as a kid were usually ignored.					
69. My birthdays were never well celebrated.					
70. My siblings were not given preference over me.					
71. My parents' discipline was inconsistent.					
72. My parents were financially stingy toward me.					
73. There was no music in our home.					
74. There was no laughter in my home growing up.					
75. I couldn't usually come to my parents and ask for help.					
76. I rarely had friends over to my house.					
77. We rarely had fun together as a family.					
78. We rarely played together as a family.					
79. If I had a problem as a kid, I usually kept it to myself.					