

Marriage Workability Scale

Your Name: _____

Spouses Name: _____

Date: _____

Please have each partner complete this questionnaire. Answer each question by circling one response.

1. Your spouse says s/he is going to be working late again. You:

- a) believe her/him without question
- b) don't believe her/him
- c) wonder if s/he's telling the truth since s/he lied about working late at least once before

2. You have had a tough day and that evening, you start to tell your spouse about it. In response, your spouse:

- a) turns up the volume on the television
- b) turns the television off, sits you down and asks what happened
- c) turns down the volume on the television and asks you about what happened

3. When you and your spouse argue:

- a) you both scream and shout at the same time trying to get the other person to hear the other
- b) listen to each other and each have a chance to express your viewpoints
- c) one or both of you becomes emotional at first but you eventually calm down to where you can converse

4. When an issue comes up between you and your spouse, you resolve it by:

- a) one of you automatically defers to the other for the solution
- b) you have an unspoken agreement that you won't talk about the issue and you'll both hope it goes away
- c) you work on finding a resolution together

5. Your spouse suggests that you go on vacation together for two weeks. You:

- a) get excited at the thought of spending two whole weeks with your spouse on your ideal vacation
- b) get a knot in the pit of your stomach thinking about how you'll have to suffer through his or her idea of a "vacation"
- c) say yes but mean no because you don't want to be away from the kids or work that long

6. You and your spouse are at a dinner party. Your spouse says something derogatory to you in front of your friends. You:

- a) say nothing until you get home and then you let your spouse have it
- b) yell at your spouse in front of the others
- c) gently but firmly tell your spouse in front of the guests, "don't put me down, dear."

7. Something your spouse has done has upset you and you:

- a) never let your spouse forget it and bring it up every chance you can
- b) stuff your feelings hoping that they will go away
- c) tell him or her directly that you want to talk about what's upsetting you

8. Your spouse starts flirting with your good friend. You:

- a) make some excuse as to why you and your friend need to leave
- b) tell your spouse right then and there that s/he'd better knock it off or you'll divorce him or her
- c) ask your spouse about it later and let him or her know that it made you feel insecure

9. Your spouse responds to this last scenario by:

- a) going out of his/her way to make sure you feel comfortable the next time you all meet
- b) apologizing profusely but doing it again the next time you all get together
- c) telling you you're crazy

10. Your spouse partied too much one night and can't get up to go to work the next morning. You:

- a) are shocked since this is so out of character for him/her
- b) pray once again that s/he get sober
- c) express concern to your spouse that s/he would risk losing her/his job over a few drinks since this happened once before two years ago