



### The RELATIONSHIPS DYNAMIC SCALE check

In order to gain a realistic picture of your relationship, please answer the following questions in terms of your relationship with your "mate" if married, or your "partner", if dating or engaged. Use the following three-point scale to rate how often you and your mate or partner experience the following:

1- Almost never      2- Once in a while      3- Frequently

\_\_\_ Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bringing up past hurts.

\_\_\_ My partner criticizes or belittles my opinions, feelings, or desires.

\_\_\_ My partner seems to view my words or actions more negatively than I mean them to be.

\_\_\_ When we have a problem to solve, it is like we are on opposite teams.

\_\_\_ I hold back from telling my partner what I really think and feel.

\_\_\_ I think seriously about what it would be like to date or marry someone else.

\_\_\_ I feel lonely in this relationship.

\_\_\_ When we argue, one of us withdraws. That is, doesn't want to talk about it anymore, or leaves the scene.

\_\_\_ **TOTAL**

You took the RELATIONSHIP DYNAMICS SCALE, by Dr. Howard Markman & Dr. Scott Stanley. Markman and Stanley devised these questions based on 15 years of research at the University of Denver on the kinds of communication and conflict management patterns that predict if a relationship is headed for trouble. They have recently completed a nationwide, random phone survey using these questions. The average score was 11 on this scale, and higher scores mean your relationship may be in greater danger. What was your score on the Relationships Dynamics Scale?

For your TOTAL RESULTS: Flip to back side



### **8 to 12 "Green Light"**

If you scored in the 8-12 range, your relationship is probably in good or even great shape **AT THIS TIME**, because relationships don't stand still. In the next 12 months, you'll either have a stronger, happier relationship, or you could head the other direction.

To think about it another way, it's like you are traveling along and have come to a green light. There is no need to stop, but it is probably a great time to work on making your relationship all it can be.



### **13 to 17 "Yellow Light"**

If you scored in the 13-17 range, it's like you are coming to a yellow light. You need to be cautious. While you may be happy in your relationship, your score reveals warning signs of patterns you don't want to let get worse. You'll want to be taking action to protect and improve what you have.



### **18 to 24 "Red Light"**

Finally, if you scored in the 18-24 range it's like you're approaching a red light. Stop and consider where the two of you are headed. Your score indicates the presence of "germs" that could put your relationship at significant risk. You may be headed for trouble or already be there.

If you'd like to discuss your "score," try one of the marriage-relationship small groups. One is starting soon. For more or if information, contact Rick and De Etta Lerch at 610-326-6726.

**Do Something Now... or join the DivorceCare Group later.....**