

Gottman Areas of Strengths Checklist

Circle the issues that represent areas in your marriage that you think represent areas in which you would like to build or increase strength in your marriage. If it is already a strength in your marriage, circle the item number and then skip the item. If it is not a strength but you think it is very important to build strength in that area, circle a "5". Use the numbers in-between 5 and 1 to indicate the importance of the strength in your view. (1 = only a little important; 5 = very important).

I would like us to be able to say about our marriage:

1. We have very good communication. 1 2 3 4 5
2. We have a satisfying sex life. 1 2 3 4 5
3. We allow one another a lot of independence. 1 2 3 4 5
4. Our home is pretty well organized. 1 2 3 4 5
5. We are both very involved in this marriage and are a great team. 1 2 3 4 5
6. We both help out with household chores. 1 2 3 4 5
7. We both try very hard to be good parents and to have good relationships with our children. 1 2 3 4 5
8. We have good relationships with our families. 1 2 3 4 5
9. We have similar beliefs in basic values and goals in life. 1 2 3 4 5
10. We have similar ideas about how to have a good time and enjoy life. 1 2 3 4 5
11. We are very good friends. 1 2 3 4 5
12. My partner gives me no reason for feeling jealous. 1 2 3 4 5
13. We are very good at helping each other to reducing stress. 1 2 3 4 5
14. I feel respected in this marriage. 1 2 3 4 5
15. I feel loved in this marriage. 1 2 3 4 5
16. I like what I am like in this relationship. 1 2 3 4 5
17. We admire one another. 1 2 3 4 5
18. I feel fairly confident that we could handle any problem we might face together. 1 2 3 4 5
19. I feel secure in this relationship. 1 2 3 4 5
20. We get along well with our in-laws. 1 2 3 4 5
21. We share similar views about basic religious or philosophical issues. 1 2 3 4 5
22. We agree on issues related to children. 1 2 3 4 5
23. We have similar views about money. 1 2 3 4 5
24. We manage pretty well with the daily stresses of our lives. 1 2 3 4 5
25. We have a lot of fun in life. 1 2 3 4 5
26. My partner knows and understands me. 1 2 3 4 5
27. I have all the independence I need. 1 2 3 4 5
28. I like where we are going in the future. 1 2 3 4 5
29. Our lives together have purpose and meaning. 1 2 3 4 5
30. We have a sense of adventure in our lives. 1 2 3 4 5