

GOTTMAN TURNING TOWARD DURING EVERYDAY EVENTS CHECKLIST

We would like to know how you feel about your spouse's participation during everyday events. During these events your spouse could either be turning away from you emotionally or toward you emotionally. We want you to assess in what areas you want more turning toward you. If an item is not an issue, circle NA.

From the list below, select the most important areas in your life where you would like your spouse to turn toward you more. Turning toward you means that you want greater connection with your spouse, emotionally. If you want more TURNING TOWARD YOU in an area, circle Y for "YES."

1. Reunion at the end of the day and talk about how the day went. Y NA
2. Staying in touch with kin, e.g., calling parents (Mom, Dad, Grandmas) or siblings and in-laws. Y NA
3. Shopping for groceries, making the shopping list. Y NA
4. Cooking dinner, baking. Y NA
5. House cleanups. Y NA
6. Shop together for presents for a friend (e.g., friend's wedding). Y NA
7. Family goes out to breakfast Saturday or Sunday. Y NA
8. Read morning paper together. Y NA
9. Stress reduction conversations (not about the marriage). Y NA
10. Help partner with a self-improvement plan (e.g., a new class, weight loss, exercise, a new career). Y NA
11. Plan a dinner party. Y NA
12. Have a dinner party. Y NA
13. Do laundry. Y NA
14. Fold laundry, put it away. Y NA
15. Call your spouse during the workday. Y NA
16. Think about your spouse during the workday. Y NA
17. Going out on a date with your spouse (no kids). Y NA
18. An overnight with spouse at a romantic place. Y NA
19. Morning breakfast during work week. Y NA
20. Morning bathroom rituals. Y NA
21. Going to a church, mosque, or synagogue together. Y NA
22. Yard work. Y NA
23. Home repair. Y NA
24. Car maintenance and washing. Y NA
25. Shoveling the walk. Y NA
26. Committee work in the community (e.g., volunteering). Y NA
27. Physical workouts together. Y NA
28. Weekend ou
29. Time with ki
30. Time with ki
31. Going to the
32. Time with ki
33. Entertaining
34. Traveling tog
35. Long drives :
36. Rent video a
37. Order dinner
38. Watch TV tog
39. Double danc
40. Sports event
41. Doing a favo
cling, hiking,
ming). Y NA
42. Build a fire a
43. Listening to
44. Going to a c
45. Going dancir
46. Going to a ni
47. Going to the
48. Going out to
49. Kid's birthda
50. Taking kid to
51. Kid's sportin
52. Going to a ki
53. Paying the b
54. Writing letter
55. Buying cloth
56. Family medic
57. Working at h
58. Going to a c
59. Going to a p
60. Driving to or
61. Major milest
Y NA
62. Major milest

28. Weekend outings (e.g., picnic, drives). Y NA
29. Time with kids—bedtimes, baths, homework. Y NA
30. Time with kids alone (e.g., zoo, museum, out to dinners). Y NA
31. Going to the kids' school (e.g., volunteering, teacher conferences). Y NA
32. Time with kin (parents, in-laws, siblings). Y NA
33. Entertaining visitors from out of town. Y NA
34. Traveling together (plane, bus train, car). Y NA
35. Long drives together. Y NA
36. Rent video and watch it together. Y NA
37. Order dinner in or take out. Y NA
38. Watch TV together. Y NA
39. Double dating with another couple or friends. Y NA
40. Sports events on TV. Y NA
41. Doing a favorite activity together (e.g., bowling, going to the zoo, amusement park, bicycling, hiking, horseback riding, camping, canoeing, sailing, boating, water skiing, swimming). Y NA
42. Build a fire at home. Sit in front of the fire and talk or read. Y NA
43. Listening to music. Y NA
44. Going to a concert. Y NA
45. Going dancing together. Y NA
46. Going to a night club or jazz club. Y NA
47. Going to the theater. Y NA
48. Going out to eat. Y NA
49. Kid's birthday party. Y NA
50. Taking kid to lessons. Y NA
51. Kid's sporting events. Y NA
52. Going to a kid performance (recital, play, etc.). Y NA
53. Paying the bills. Y NA
54. Writing letters or cards. Y NA
55. Buying clothes for self or kids. Y NA
56. Family medical events (taking kids to the doctor, dentist, or emergencies). Y NA
57. Working at home, but still being together in some way. Y NA
58. Going to a community event (e.g., church auction). Y NA
59. Going to a party. Y NA
60. Driving to or from work together. Y NA
61. Major milestone child-oriented events (confirmations, graduations, games, recitals). Y NA
62. Major milestone non-child-oriented events (e.g., celebrating successes). Y NA

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n area, cir-

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63. Any celebrations. Y NA
64. Shopping: Buying things together that the house needs or you both need. Y NA
65. Having kids' friends over. Y NA
66. Buying toys for kids. Y NA
67. Planning vacations. Y NA
68. Taking vacations. Y NA
69. Making plans, dreaming. Y NA
70. Walking the dog. Y NA
71. Sewing, knitting, crocheting. Y NA
72. Reading out loud together. Y NA
73. Playing a board game or a card game. Y NA
74. Putting on plays or skits together. Y NA
75. Doing errands together on a weekend. Y NA
76. Hobbies: e.g., painting, sculpting, making music. Y NA
77. Talk while drinking (alcohol, coffee or tea). Y NA
78. Going out to your favorite bar or haunt. Y NA
79. Time to just talk without interruptions. Y NA
80. Time when I know I can have my spouse really listen to me. Y NA
81. Visiting friends or family. Y NA
82. Playing together. Y NA
83. Philosophizing together. Y NA
84. Gossiping (talking about other people). Y NA
85. Going to a funeral. Y NA
86. Helping a friend. Y NA
87. Phone calls catching up with people you know. Y NA
88. Visiting a sick friend. Y NA
89. Doing other things to help other people out. Y NA

Circle the issues that increase strength. If I then skip the item. If in that area, circle a ' of the strength in you

I would like us to be a

1. We have very goo
2. We have a satisfyi
3. We allow one anot
4. Our home is prett
5. We are both very i
6. We both help out v
7. We both try very ha
relationships with o
8. We have good relat
9. We have similar bel
10. We have similar ide
11. We are very good fri
12. My partner gives me
13. We are very good at
14. I feel respected in th
15. I feel loved in this m
16. I like what I am like i
17. We admire one anoth
18. I feel fairly confident
we might face togeth
20. I feel secure in this re
21. We get along well with
22. We share similar view
23. We agree on issues re
24. We have similar views
25. We manage pretty well
26. We have a lot of fun in
27. My partner knows and i
28. I have all the independ
29. I like where we are goin
30. Our lives together have
31. We have a sense of adv