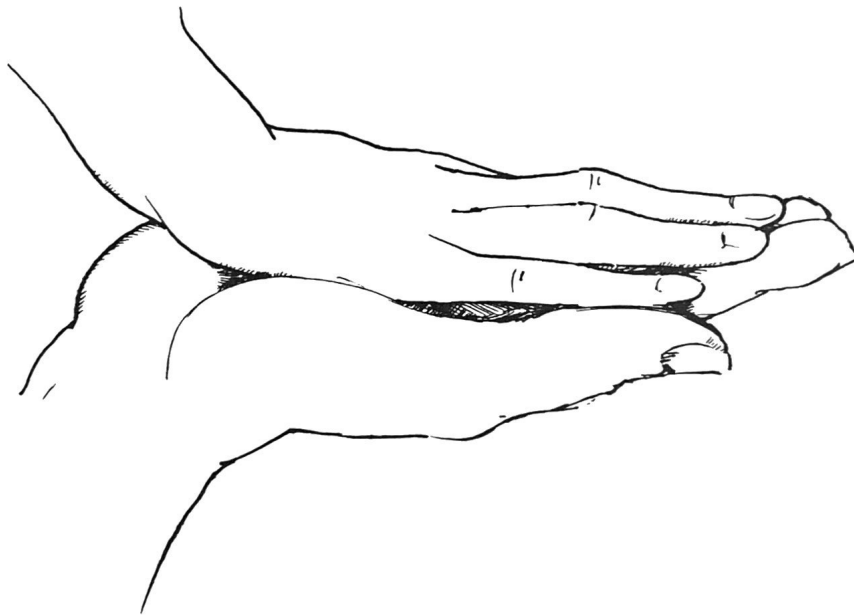


SECTION V:
**Relationship
Conflicts
Scale**



NAME _____ DATE _____

The relationship I will be referring to is with . . .



Relationship Conflicts Scale Directions

In relationships, people bring a variety of personality traits, values, opinions, ways of expressing their feelings and ways of behaving. It is no wonder that partners in any relationship eventually must cope with a variety of relationship issues that will cause conflict. The Relationship Conflicts Scale can help you to identify the primary issues that cause the most conflict between you and your partner. If a section does not apply to you and your partner (Children Scale for example), just skip that section and move to the next section.

The following assessment contains 40 statements. Use the choices listed below. Read each of the statements and circle the number to the right that best describes how much you value each statement.

- Circle **4** if the statement is **Very True** for you
- Circle **3** if the statement is **Somewhat True** for you
- Circle **2** if the statement is **A Little True** for you
- Circle **1** if the statement is **Not True** for you

In the following example, the circled **3** indicates that the statement is **Somewhat True** for the person completing the scale.

When it comes to honesty and trust, my partner and I argue about . . .

how loyal we are to each other

4 **3** 2 1

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will likely be the most true for you. Be sure to respond to every statement.

(Turn to the next page and begin)

Relationship Conflicts Scale

Circle **4** if the statement is **Very True** for you
 Circle **3** if the statement is **Somewhat True** for you
 Circle **2** if the statement is **A Little True** for you
 Circle **1** if the statement is **Not True** for you

HONESTY AND TRUST

When it comes to honesty and trust, my partner and I argue about . . .

how loyal we are to each other	4	3	2	1
how much we can be trusted and believed	4	3	2	1
how honest we are about personal feelings	4	3	2	1
how much we can depend on each other	4	3	2	1
how certain it is that we would never cheat on each other	4	3	2	1

HONESTY AND TRUST TOTAL _____

HOUSEHOLD WORKLOAD

When it comes to household workload, my partner and I argue about . . .

who does or arranges the home repairs	4	3	2	1
who makes or should be making entertainment arrangements	4	3	2	1
who prepares or should prepare most of the meals	4	3	2	1
who does or should do the laundry	4	3	2	1
who does or should do most of the grocery shopping	4	3	2	1

HOUSEHOLD WORKLOAD TOTAL _____

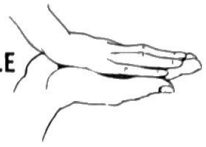
WORK-RELATIONSHIP BALANCE

When it comes to balancing work and relationship, my partner and I argue about . . .

how much time we spend at work	4	3	2	1
how much time we take off to relax	4	3	2	1
how many social and leisure activities we pass up	4	3	2	1
how many trips and vacations to take and where to go	4	3	2	1
how much time we spend together	4	3	2	1

WORK-RELATIONSHIP BALANCE TOTAL _____

(Continued on the next page)



(Relationship Conflicts Scale *continued*)

- Circle **4** if the statement is **Very True** for you
 Circle **3** if the statement is **Somewhat True** for you
 Circle **2** if the statement is **A Little True** for you
 Circle **1** if the statement is **Not True** for you

MONEY MANAGEMENT

When it comes to managing money, my partner and I argue about . . .

how much to save	4	3	2	1
how much to spend	4	3	2	1
how to invest our money	4	3	2	1
how to budget our money	4	3	2	1
who writes the checks and balances the checkbook	4	3	2	1

MONEY MANAGEMENT TOTAL _____

EXTENDED FAMILIES

When it comes to our extended families, my partner and I argue about . . .

how accepted we are by each other's family	4	3	2	1
how important are our families-of-origin	4	3	2	1
how much time to spend with each of our families	4	3	2	1
how much we should please our families-of-origin	4	3	2	1
how intrusive are our families-of-origin	4	3	2	1

EXTENDED FAMILIES TOTAL _____

CHILDREN

When it comes to raising children, my partner and I argue about . . .

how to handle children problems	4	3	2	1
who takes the children to practices and events	4	3	2	1
how to discipline our children	4	3	2	1
who helps with school homework	4	3	2	1
what values to instill in our children	4	3	2	1

CHILDREN TOTAL _____

(Continued on the next page)

SECTION V: RELATIONSHIP CONFLICTS SCALE

(Relationship Conflicts Scale *continued*)

- Circle **4** if the statement is **Very True** for you
- Circle **3** if the statement is **Somewhat True** for you
- Circle **2** if the statement is **A Little True** for you
- Circle **1** if the statement is **Not True** for you

RELIGION AND SPIRITUALITY

When it comes to religion and spirituality, my partner and I argue about . . .

our religious or spiritual beliefs and values	4	3	2	1
what house of worship to attend and how often	4	3	2	1
religious and spiritual issues	4	3	2	1
our religious identity	4	3	2	1
how much money to contribute	4	3	2	1

RELIGION AND SPIRITUALITY TOTAL _____

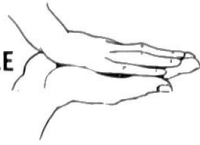
INTIMACY

When it comes to intimacy, my partner and I argue about . . .

who initiates sex most of the time	4	3	2	1
who is responsible for birth control	4	3	2	1
how often we are intimate	4	3	2	1
how to be intimate	4	3	2	1
how to show our love for each other	4	3	2	1

INTIMACY TOTAL _____

(Go to the Scoring Directions on the next page)



Relationship Conflicts Scale Scoring Directions

Cooperative partners work together so they can avoid conflicts. However, conflicts can occur in a wide variety of different areas. For each of the eight sections on the previous pages, count the scores you circled. Put that total on the line marked TOTAL at the end of each section.

Then, transfer your totals to the spaces below:

HONESTY AND TRUST TOTAL = _____

HOUSEHOLD WORKLOAD TOTAL = _____

WORK-RELATIONSHIP BALANCE TOTAL = _____

MONEY MANAGEMENT TOTAL = _____

EXTENDED FAMILIES TOTAL = _____

CHILDREN TOTAL = _____

RELIGION AND SPIRITUALITY TOTAL = _____

INTIMACY TOTAL = _____

Profile Interpretation

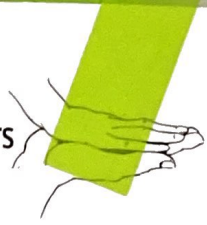
TOTAL INDIVIDUAL SCALE SCORES	RESULT	INDICATIONS
Scores from 16 to 20	High	You and your partner are experiencing a great deal of conflict in this area, which may be leading to many arguments.
Scores from 10 to 15	Moderate	You and your partner are experiencing some conflict in this area, which may be leading to some arguments.
Scores from 5 to 9	Low	You and your partner are experiencing little conflict in this area.

For scales which you scored in the **Moderate** or **High** range, find the descriptions on the pages that follow. Then, read the description and complete the exercises that are included. No matter how you scored, low, moderate or high, you will benefit from these exercises.

Honesty and Trust

People with a high score on this scale tend to argue with their partners about honesty and trust issues. What changes would you like to see in how you and your partner are honest with and trustful of each other?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Loyalty	<i>Ex: My partner complains about me to friends and family.</i>	<i>Ex: My partner would tell me what he's upset about but no one else.</i>
Trustworthiness		
Honesty		
Dependability		
Fidelity		
Other		



Household Workload

People with a high score on this scale tend to argue with their partners about distribution of the household workload. What changes would you like to see in how you and your partner share the workload?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Home Repairs	<i>Ex: My partner expects me to stay home from work to wait for the repair man implying that my job is not as important.</i>	<i>Ex: Take turns so each one shares the responsibility.</i>
Arrangements		
Meals		
Laundry		
Grocery shopping		
Other		

Work-Relationship Balance

People with a high score on this scale tend to argue with their partners about their ability to balance work and relationship. What changes would you like to see in how you and your partner balance work and your relationship?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Time at work	<i>Ex: My partner works for herself and puts in 12 hours a day, 6 days a week.</i>	<i>Ex: Either coming home for dinner and going back to work or limiting hours.</i>
Time off		
Missing activities for work		
Vacations		
How much time to spend together		
Other		



one

Money Management

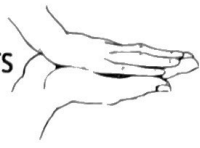
People with a high score on this scale tend to argue with their partners about managing money. What changes would you like to see in how you and your partner manage money?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
How much to save	<i>Ex: My partner spends every penny we make.</i>	<i>Ex: We decide on a fixed amount and save it from every paycheck, no matter what!</i>
Where to keep it		
Where to invest it		
How to spend it		
Balancing checkbook		
Other		

Extended Families

People with a high score on this scale tend to argue with their partners about their extended families. What changes would you like to see in how you and your partner view your extended families?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Acceptance of other's family	<i>Ex: My partner's family has come to accept me but do not include me or go out of their way for me.</i>	<i>Ex: I want to feel like one of their own.</i>
Time spent		
Involvement and say they should have		
Attempts to please them		
Intruding in our lives		
Other		



Children

People with a high score on this scale tend to argue with their partners about raising their children. What changes would you like to see in how you and your partner share responsibilities with your children?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Handling problems	<i>Ex: My partner tells the kids that I'll take care of the problem when I get home and then doesn't approve of the way I handle it.</i>	<i>Ex: We are each handling situations equally or work together. We decide ahead of time the way to handle each situation.</i>
Child care		
Daily discipline and/or methods of discipline		
Homework		
Time spent		
Other		

Religion and Spirituality

People with a high score on this scale tend to argue with their partners about religion and spirituality issues. What changes would you like to see in how you and your partner view and participate with religion and spirituality?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
Worship	<i>Ex: If I want to go to a house of worship, I go without my partner.</i>	<i>Ex: Once in a while my partner could go with me, choosing where we attend.</i>
Beliefs and/or values		
Issues		
Identity		
How much money and/or time to contribute		
Other		



Intimacy

People with a high score on this scale tend to argue with their partners about issues related to intimacy and/or sex. What changes would you like to see in how you and your partner approach intimacy and/or sex?

AREAS OF CONFLICT	OUR CURRENT SITUATION	THE IDEAL SITUATION
<p>Initiating intimacy or sex</p>	<p><i>Ex: It is always me initiating sex or even a hug. I am often refused.</i></p>	<p><i>Ex: If my partner initiated it sometimes I wouldn't mind being refused at times.</i></p>
<p>Responsibility for birth control</p>		
<p>How often?</p>		
<p>How?</p>		
<p>Using sex to meet other needs</p>		
<p>How we show our love for each other</p>		

Negotiation Steps

People in healthy relationships negotiate with their partners rather than argue and fight. Negotiation is a type of communication you can use to get what you want or need, compromising at times, and without manipulation or making your partner angry.

Steps to Successful Negotiating

1) Prepare for the negotiation

The first step is to pose the problem in a non-confrontational manner. Remember that the result should be something that is beneficial to both you and your partner. Be careful to avoid trying to win, blaming, overwhelming or venting your anger. The situation:

James thinks that his partner Karen works too much and leaves him with a heavy family workload.

2) Describe the situation to your partner – Use I-Messages

Try to avoid being too emotional, negative or argumentative.

James: *"I was hoping that you could work a little less than you do now. When you work so much, I get stuck doing most of the household chores and taking care of the children. I work too, but I try and keep my work hours to about forty a week. Right now you are working a lot more than that."*

Karen: *"Yes, I am working on a big project and I hope to get back to a normal work schedule soon."*

3) Share feelings – Use I-Messages

Share your feelings about the situation.

James: *"I know you are and I appreciate how hard you work. However, I am getting frustrated and I feel a little taken advantage of by you. I feel like you think your job is more important than mine."*

Karen: *"I did not realize how much I was working. I think that your job is as important as mine. I don't want to take advantage of you."*

4) Share what you and your partner want in the situation – Use I-Messages

Share what you want in the situation and then ask your partner the same question.

James: *"I was hoping that you could cut back your hours, take some vacation time every now and then, and help out a little more with the children."*

Karen: *"I will try to do that, and perhaps you could continue to help with meals and laundry."*

5) Identify possible solutions

Identify several possible solutions.

James could possibly help Karen in some way with her workload.

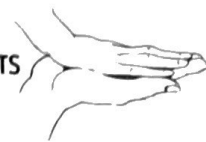
Karen could reduce her work hours or work some from home if possible.

James or Karen could quit his/her job.

James and Karen could work collaboratively on the weekends and evenings.

6) Choose

Choose the best solution for both of you. Karen would work less. She also would be more assertive at work, saying "no" to taking on too many projects and James could continue to help more with other responsibilities.



Negotiation Steps – You Try!

Remember that most partners in a relationship argue. Most important is to negotiate for what you want, while keeping in mind your partner's wants and needs. Remember that the end result is a win-win solution for both you and your partner. Now you try it. Think about a situation that you would like to change. Use one of the categories of the assessment, or another one if you like.

1) Prepare for the negotiation.

The first step is to pose the problem in a non-confrontational manner. Remember that the result should be something that is good for both you and your partner. Be careful to avoid trying to win, blame, overwhelm, or vent your anger. What is the situation?

2) Describe the situation to your partner. – Use I-Messages.

Try not to be emotional, negative or argumentative.

3) Share your feelings about the situation. – Use I-Messages.

4) Share what you and your partner want in the situation. – Use I-Messages.

5) Identify possible solutions.

6) Choose the best solution for both of you.

Negotiating

Which conflict areas are the hardest for you to negotiate and overcome? Why is that?

Which conflict areas are the hardest for your partner to negotiate and overcome? Why is that?

How will you introduce the idea of negotiating to your partner?

What do you project the response to be? Why?

Mathematics Questions

1. The area of a square is 144 cm².
Find the side length.

2. A rectangle has a length of 10 cm and a width of 5 cm.

Find the perimeter.

3. A circle has a radius of 7 cm. Find the area of the circle.

Give your answer in terms of π .

4. A right-angled triangle has a base of 6 cm and a height of 8 cm. Find the area of the triangle.



nerv
ed
co
rel
n
A
al
re
s

Relationship Quotations

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

~ Buddha

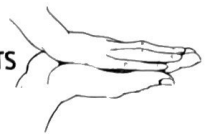
Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough.

~ Dinah Shore

Check one of the above quotes and journal your thoughts on how it applies, or does not apply, to you.

Important Points to Remember When Negotiating

- Do not blame your partner for what is happening
- Be careful to avoid threatening, belittling, criticizing or causing your partner to feel guilty
- Try to put yourself in your partner's shoes
- Listen actively to the messages behind the words of your partner
- Keep remembering (and even restating) that the goal is a fair, mutually agreed upon solution that is good for both of you
- Compromise is an ultimate goal for negotiating any conflict or situation



Principles of Negotiation*

Negotiation involves two parties with important, legitimate, but opposing interests.

- Realize that conflict is inevitable
- Use I-Messages
- Resist name calling, threats or anger
- Separate feelings from the issue
- Focus on interests, not positions
- Seek mutually agreeable options
- Show persistence
- Maintain flexibility

*Adapted from McKay, M., Fanning, P., & Paleg, K. (1994). *Couple Skills*. Oakland, CA: New Harbinger