

Name: _____

Male Female
(Please Circle One)

DYADIC ADJUSTMENT SCALE

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list. (Place a checkmark ✓ to indicate your answer).

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling family Finances	_____	_____	_____	_____	_____	_____
2. Matters of recreation	_____	_____	_____	_____	_____	_____
3. Religious matters	_____	_____	_____	_____	_____	_____
4. Demonstrations of Affection	_____	_____	_____	_____	_____	_____
5. Friends	_____	_____	_____	_____	_____	_____
6. Sex relations	_____	_____	_____	_____	_____	_____
7. Conventionality (correct or proper behavior)	_____	_____	_____	_____	_____	_____
8. Philosophy of life	_____	_____	_____	_____	_____	_____
9. Ways of dealing with parents or in-laws	_____	_____	_____	_____	_____	_____
10. Aims, goals, and things believed important	_____	_____	_____	_____	_____	_____
11. Making major decisions	_____	_____	_____	_____	_____	_____
12. Amount of time spent together	_____	_____	_____	_____	_____	_____
13. Household tasks	_____	_____	_____	_____	_____	_____
14. Leisure time interests and activities	_____	_____	_____	_____	_____	_____
15. Career decisions	_____	_____	_____	_____	_____	_____

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	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	_____	_____	_____	_____	_____	_____
17. How often do you or your mate leave the house after a fight?	_____	_____	_____	_____	_____	_____
18. In general, how often do you think that things between you and your partner are going well?	_____	_____	_____	_____	_____	_____
19. Do you confide in your mate?	_____	_____	_____	_____	_____	_____
20. Do you ever regret that you married (or lived together)?	_____	_____	_____	_____	_____	_____
21. How often do you and your partner quarrel?	_____	_____	_____	_____	_____	_____
22. How often do you and your mate "get on each others' nerves?"	_____	_____	_____	_____	_____	_____

	Every day	Almost every day	Occasionally	Rarely	Never
23. Do you kiss your mate?	_____	_____	_____	_____	_____

	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	_____	_____	_____	_____	_____

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating Exchange of ideas	_____	_____	_____	_____	_____	_____
26. Laugh together	_____	_____	_____	_____	_____	_____
27. Calmly discuss something	_____	_____	_____	_____	_____	_____

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Never Less than once a month Once or twice a month Once or twice a week Once a day More often

28. Work together on A project _____ _____ _____ _____ _____ _____

There are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (check yes or no)

Yes No

29. _____ _____ Being too tired for sex.

30. _____ _____ Not showing love.

31. The dots on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

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Extremely Fairly A Little Happy Very Extremely Perfect
Unhappy Unhappy Unhappy Happy Happy Happy

32. Which of the following statements best describes how you feel about the future of your relationship?

- _____ I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
- _____ I want very much for my relationship to succeed, and will do all I can to see that it does.
- _____ I want very much for my relationship to succeed, and will do my fair share to see that it does.
- _____ It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.
- _____ It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- _____ My relationship can never succeed, and there is no more that I can do to keep the relationship going.

33. When disagreements arise, they usually result in (circle one):

Husband giving in Wife giving in Agreement by mutual give & take

34a. In leisure time, do you generally prefer (circle one):

To be "on the go" To stay at home

34b. Does your mate generally prefer:

To be "on the go" To stay at home

35. Do you ever wish you had not married? (circle one)

Frequently Occasionally Rarely Never

36. If you had your life to live over, do you think you would (circle one):

Marry the same person Marry a different person Not marry at all