

Directions: Assign grades to yourself and your spouse in each category (i.e., A, B, C, D or F).

I. Damage Control		Him	Her
	Anger-control: Refraining from arguing, making hurtful or sarcastic comments, yelling, name calling or getting defensive.		
	Anxiety: Freedom from jealousy, insecurity, feelings of inadequacy, excessive worry, phobias or obsessive-compulsive problems.		
	Congeniality: Refraining from being controlling, bossy, domineering and manipulative.		
	Depression: Little history of depressive episodes nor any tendency towards moodiness, sulking or sullen withdrawal. Isn't taking meds for it.		
	Financial responsibility: Has a stable career path. Lives within one's means. Not subject to excessive impulsive spending or pathological gambling. Systematic about savings.		
	Parent-child bonding: Is affectionate and actively involved with each of the children one on one.		
	Child discipline: Maintains good discipline without displays of hostility or intimidation. Is effective, consistent and fair.		
	Thankless chores of parenting: Proactive in taking initiative for the chores of childcare.		
	Household chores: Proactive in taking initiative for the routine chores of keeping house.		
	Sociability: Is personable, interested and successful in cultivating relationships with family, in-laws and friends.		
	Freedom from substance abuse problems: The use of alcohol, drugs, tobacco or food does not cause problems personally, professionally, economically or medically.		
	Fidelity: Freedom from problems related to marital infidelity (romantically or sexually).		

E-mail: JohnGallagherPhD@gmail.com

Website: JohnGallagherPhD.com Phone: (317) 781-1917

Address: 5524 S. Emerson AV, Indianapolis, IN, 46237

II. Pleasant times together		Him	Her
	Couple togetherness: The degree to which there is ample willingness, opportunity and initiative for time for togetherness and recreation as a couple.		
	Couple recreation: The degree to which there is a rich variety of interests, recreations and pastimes as a couple.		
	Family togetherness: The degree to which there is ample willingness, opportunity and initiative for time for togetherness and recreation as a family, (e.g., eating meals together w/o watching TV).		
	Family recreation: The degree to which there is a rich variety of interests, recreations and pastimes as a family.		
III. Rituals of affection			
	Communicative intimacy: Are you good at making conversation? Willingness and availability for communicating. Interested in listening as well as talking. Open expressiveness, e.g., "Hi, Honey. How was your day?"		
	Emotional support: Is sensitive, sympathetic and supportive during difficult times. Doesn't get preoccupied with problem-solving too soon.		
	Body contact: Hugs, kisses, snuggling, petting, sitting together on the same piece of furniture and "public displays of affection."		
	Sex: Enthusiasm, frequency, playfulness and considerateness.		
IV. Conflict resolution			
	Honesty and openness regarding conflicts: Willingness to address issues constructively in the interest of resolving conflicts.		
	Fairness regarding conflicts: Willingness to negotiate and compromise fairly.		