

Couple Checkup™

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UNDERSTANDING YOUR COUPLE CHECKUP RESULTS



The steps you will take to grow both as individuals and as a couple

|
OVER 35 YEARS OF
RESEARCH MEANS YOU
ARE RECEIVING VALID
RESULTS THAT WILL
MAKE YOU SCREAM.
"THIS IS US!"
|

Goals:

1. Celebrate your strengths as a couple
2. Identify issues you may need to resolve
3. Provide a place to talk about your relationship

Take time to read through your results and discuss your strength and growth areas as a couple. We have provided a corresponding [Discussion Guide](#) to walk you two through some thought provoking questions. Remember the more you invest in your relationship, the more you both will benefit.

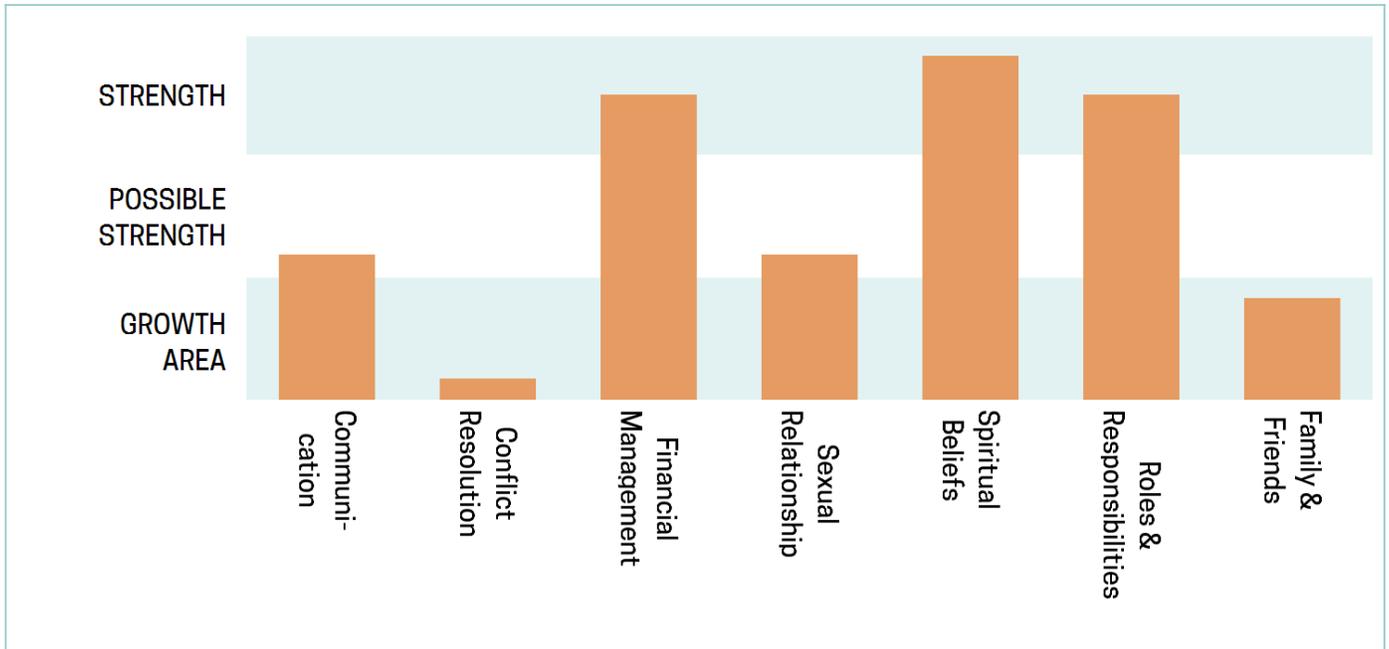
COUPLE REPORT CONTENTS

MARRIED

The following sections outline the results of your Couple Checkup. These results are based on your scores as individuals and as a couple. Take time to read each section and discuss the feedback with one another.

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SUMMARY OF STRENGTH AND GROWTH AREAS



This chart and table describe key areas in your relationship. You and your partner's responses were compared and summarized. Each area was identified as a **Strength**, **Possible Strength**, or **Growth Area** for you as a couple.

- **Strength Area:** you are both very satisfied with the area and agree on many things.
- **Possible Strength:** you are generally satisfied with the area but have a few concerns.
- **Growth Area:** one or both of you are less satisfied with the area and have some concerns.

Relationship Strengths (Areas with <i>High Couple Agreement</i>)	Financial Management Spiritual Beliefs Roles & Responsibilities
Possible Relationship Strengths (Areas with <i>Moderate Couple Agreement</i>)	Communication Sexual Relationship
Relationship Growth Areas (Areas with <i>Low Couple Agreement</i>)	Conflict Resolution Family & Friends

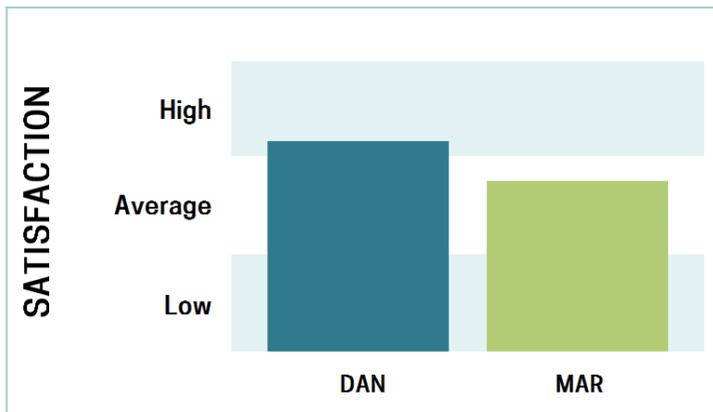
SUMMARY

Your results suggest a conventional pattern with a mix of both strength and growth areas. While there is no such thing as a perfect relationship, couples who commit themselves to working on their relationship skills, such as communication and conflict resolution, can improve the overall quality of their relationship. Take this opportunity to invest time and energy in growing your relationship!

COMMUNICATION

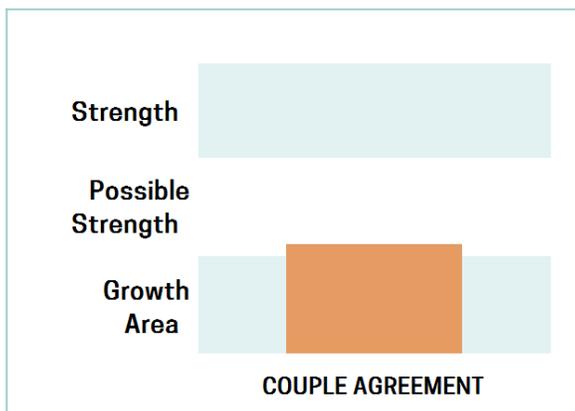
The **Communication** category measures how you and your spouse feel about the quality and quantity of communication in your relationship. It explores how you share feelings, understand, and listen to one another.

INDIVIDUAL RESULTS FOR COMMUNICATION



- Dan is very positive about the quality and quantity of communication in your relationship.
- Mar generally feels good about the quality and quantity of communication in your relationship, but some communication issues need to be addressed.

COUPLE RESULTS FOR COMMUNICATION



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Feeling listened to
- Whether or not you refuse to discuss problems
- Your willingness to share feelings

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Feeling understood
- The ability to ask for what you want
- The ability to share negative feelings
- Your satisfaction with how you talk to each other

Communication is a **Possible Strength Area** in your relationship. You can improve this aspect of your relationship by learning and practicing new communication skills such as assertiveness and active listening. If neglected, communication issues can become more problematic, and will affect other areas of your relationship such as closeness and conflict resolution.

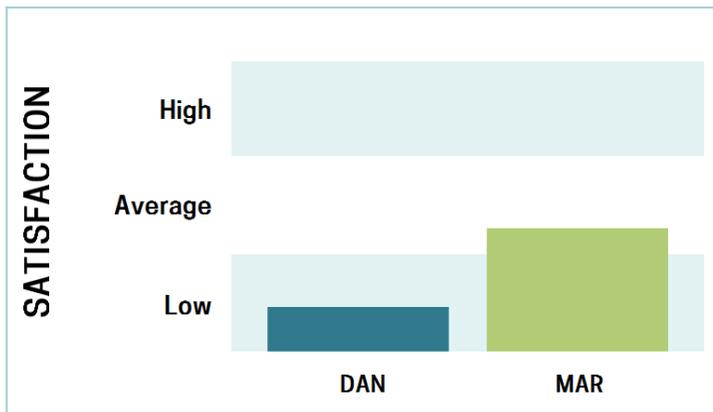
Couple Discussion:

This is a **Possible Strength Area** because you agreed on some of the items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your strengths! Review and talk about the **Discussion Items** as well. It is unrealistic to expect you'll agree on every item, but start by trying to understand one another's thoughts and feelings. Good communication will help you problem solve and further improve this area of your relationship.

CONFLICT RESOLUTION

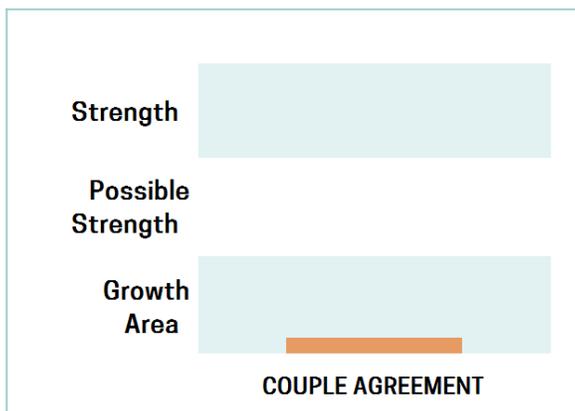
The **Conflict Resolution** category looks at your ability to discuss and resolve differences. Also, this category measures how effectively you are able to share opinions, ideas, and feelings with your spouse, even during times of conflict.

INDIVIDUAL RESULTS FOR CONFLICT RESOLUTION



- Dan is aware of considerable difficulty discussing and resolving differences with one another.
- Mar is somewhat satisfied with your ability to discuss and resolve differences with one another, but may be aware of some issues that need to be discussed.

COUPLE RESULTS FOR CONFLICT RESOLUTION



DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Bringing differences to a point of resolution
- Feeling understood while discussing problems
- The ability to express feelings/ideas while resolving differences
- Whether or not you end up feeling responsible for problems
- Whether or not you have disputes over trivial issues
- Whether or not you say nothing to avoid hurting one another
- Your approach to solving disagreements

Conflict Resolution is a **Growth Area** in your relationship. All couples have some conflict in their marriage; the key is how you handle the differences you experience. A healthy goal is not to avoid all conflict, but to develop good conflict resolution skills so differences can be productively resolved. If neglected, conflict resolution issues can become more problematic over time and affect other areas of your relationship such as closeness and communication. Study and use the *10 Steps for Conflict Resolution* for solving some of your current issues.

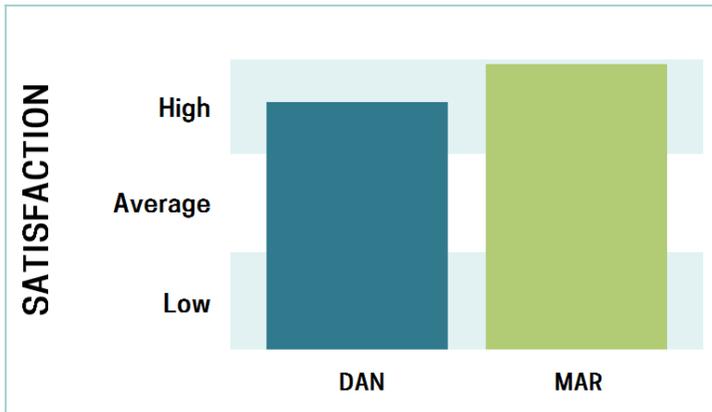
Couple Discussion:

This is a **Growth Area** because you disagreed or both had concerns on several items. It is important that you discuss and resolve these issues so that this area can become a strength. First, review any **Agreement Items** in this category. They are a source of strength for you as a couple. Second, review and talk about the **Discussion Items** listed above. Attempt to identify and define the issues, and understand one another's feelings and opinions. Finally, work towards a plan to resolve your differences.

FINANCIAL MANAGEMENT

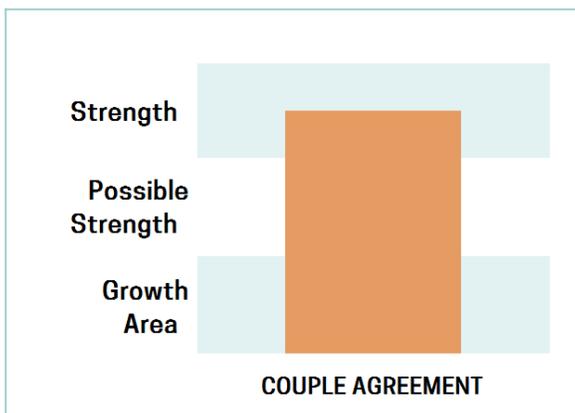
The **Financial Management** category looks at spending habits and agreement with one another in the area of finances. This category explores your opinions about savings, debt, handling money, and making financial decisions.

INDIVIDUAL RESULTS FOR FINANCIAL MANAGEMENT



- As individuals, you both feel very positive about spending habits and how finances are currently being handled.

COUPLE RESULTS FOR FINANCIAL MANAGEMENT



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- A savings plan
- How credit and charge accounts are used
- How money is handled
- Making financial decisions together
- Sharing financial control
- Spending priorities

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Your level of debt/unpaid bills

Finances are a **Strength Area** in your relationship. Your responses to these items indicate high individual satisfaction and healthy agreement as a couple. Since finances can be a difficult topic for most couples, congratulate yourselves on doing well in this area.

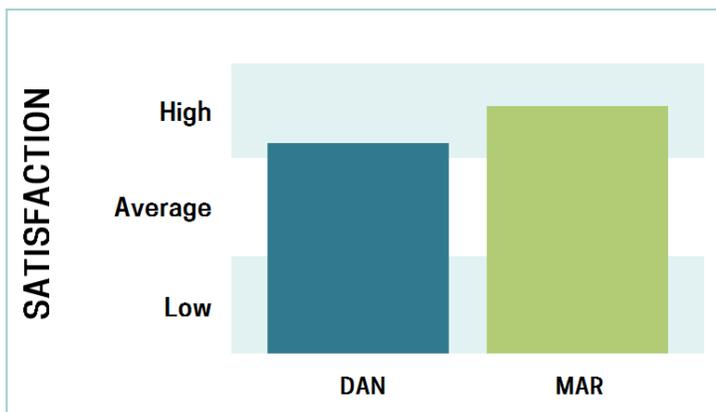
Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

LEISURE ACTIVITIES

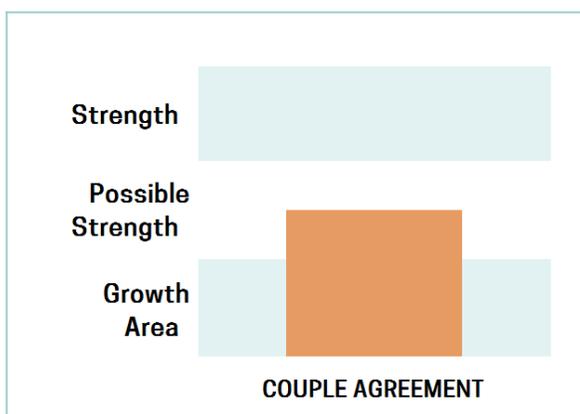
The **Leisure Activities** category measures your satisfaction with the amount and quality of leisure time spent together. It looks at similarities in interests, and your satisfaction with the balance of time spent together and apart.

INDIVIDUAL RESULTS FOR LEISURE ACTIVITIES



- As individuals, you both feel very satisfied with the amount and quality of leisure time you spend together.

COUPLE RESULTS FOR LEISURE ACTIVITIES



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Enjoying similar activities
- Forming friendships with other couples
- The amount of activities/hobbies you have
- Whether or not activities interfere with your relationship

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Balancing leisure time spent together and apart
- Your idea of a good time
- Your time and energy for recreation

Leisure Activities are a **Possible Strength Area** in your relationship. Couples who have a great marriage are typically great friends as well. While it is healthy to have some personal interests and hobbies, it is also important to find activities, interests, and friendships that you can enjoy together. Pursuing common interests can bring you closer together as a couple, providing a more fulfilling relationship. Work together to enrich your leisure activities and turn this area into a relationship strength.

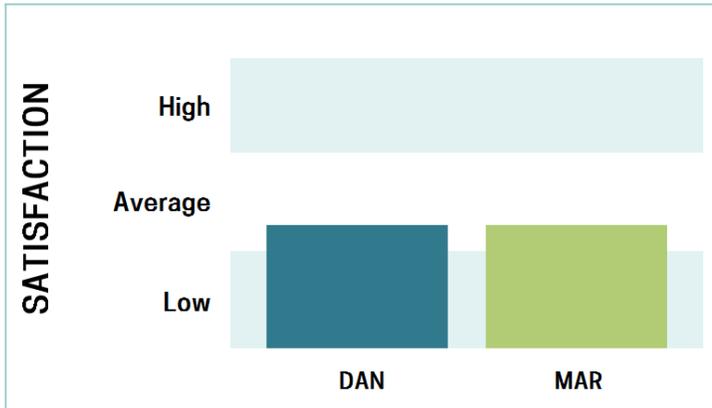
Couple Discussion:

This is a **Possible Strength Area** because you agreed on some of the items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your strengths! Review and talk about the **Discussion Items** as well. It is unrealistic to expect you'll agree on every item, but start by trying to understand one another's thoughts and feelings. Creativity and good communication will help you problem solve and further improve this area of your relationship.

SEXUAL RELATIONSHIP

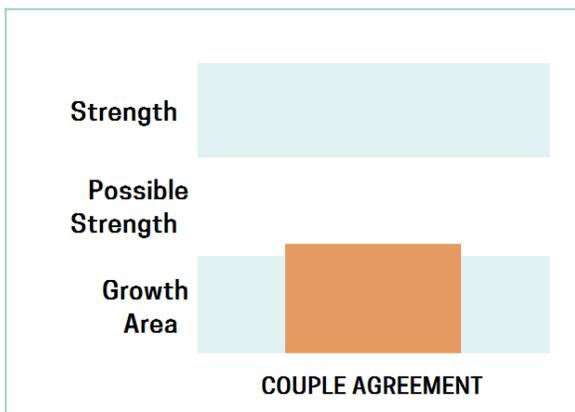
The **Sexual Relationship** category measures your satisfaction with your sexual relationship and the level of affection expressed. This category also explores your level of interest in sex and your ability to discuss sexual issues and preferences as a couple.

INDIVIDUAL RESULTS FOR SEXUAL RELATIONSHIP



- As individuals, you are both somewhat satisfied with your affection and sexual relationship, but there are some issues that need to be discussed.

COUPLE RESULTS FOR SEXUAL RELATIONSHIP



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Having similar levels of interest in sex
- Sexual interest and attraction
- Whether or not affection is used or refused

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Fostering an interesting and enjoyable sexual relationship
- The amount of affection expressed
- Your openness in discussing sexual topics
- Your satisfaction/fulfillment with sexual relationship

Affection & Sexual Relationship are **Possible Strength Areas** in your relationship. These can be difficult topics for couples to manage and discuss openly. By practicing good communication skills, such as assertiveness and active listening, you can learn to talk openly about your affection and sexual relationship. If neglected, unresolved issues in the areas of affection and sexual expectations can lead to greater misunderstanding, hurt, and resentment.

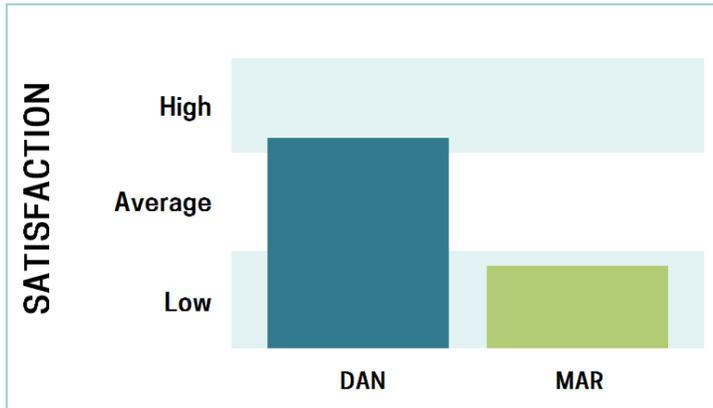
Couple Discussion:

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FAMILY & FRIENDS

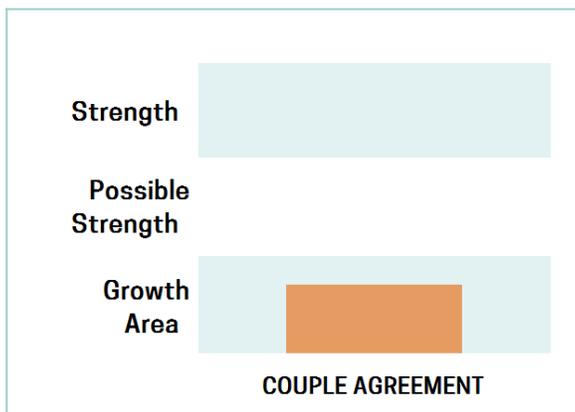
The **Family & Friends** category measures how satisfied you are in your relationships with relatives and friends. It looks at your opinions of one another's friends and families, and the level of interference, influence, and acceptance you each feel from family.

INDIVIDUAL RESULTS FOR FAMILY & FRIENDS



- Dan is very satisfied with how you relate to family and friends.
- Mar is less satisfied with how you relate to family and friends and is aware of several issues that need to be discussed and resolved.

COUPLE RESULTS FOR FAMILY & FRIENDS



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Feeling accepted/respected by your family
- Getting along with one another's friends

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Spending time with one another's family
- Spending time with one another's friends
- Whether or not family causes trouble in your marriage
- Whether or not friends interfere with your relationship
- Your family's level of involvement in your life

Family and Friends are **Growth Areas** in your relationship. Family and friends can provide great encouragement and support for your relationship, but they can sometimes interfere and undermine a relationship as well. Remember to make your marriage relationship the priority, and take the needed steps to enrich and protect it. Consider how you can work together as a couple to find productive ways to communicate and relate with family and friends. These can be sensitive issues to discuss, so remember to listen and try to understand one another's concerns. If neglected, problems with family and friends can spill over and negatively impact your marriage satisfaction.

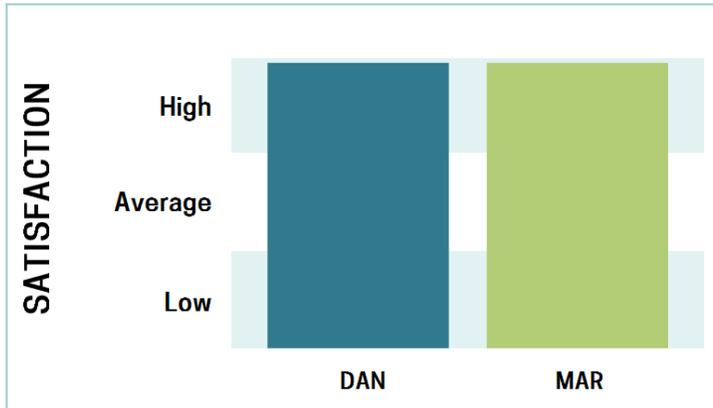
Couple Discussion:

This is a **Growth Area** because you disagreed or both had concerns about several items. It is important that you discuss and resolve these issues so that this area can become a strength. First, review any **Agreement Items** in this category. They are a source of strength for you as a couple. Second, review and talk about the **Discussion Items** listed above. Attempt to identify and define the issues, and understand one another's feelings and opinions. Finally, work towards a plan to resolve your differences.

SPIRITUAL BELIEFS

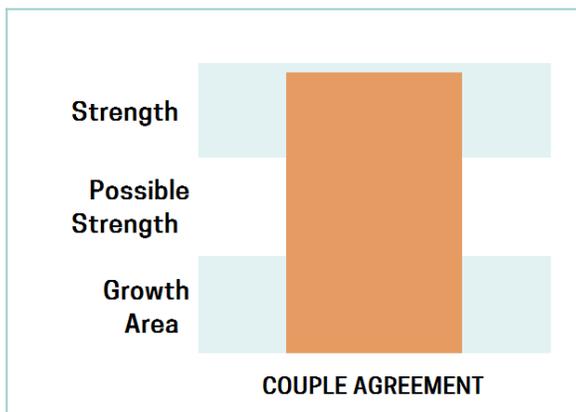
The **Spiritual Beliefs** category measures how satisfied you are with the practice and expression of spiritual beliefs in your relationship. This category looks at how similar your spiritual beliefs are and whether they are a source of relationship strength or a source of tension.

INDIVIDUAL RESULTS FOR SPIRITUAL BELIEFS



- As individuals, you both are very satisfied with the practice and expression of spiritual beliefs in your relationship.

COUPLE RESULTS FOR SPIRITUAL BELIEFS



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Feeling more connected because of spiritual beliefs
- Reliance on spiritual beliefs during difficult times
- The role of spiritual beliefs in your commitment
- The role of spiritual values in relationship growth
- Understanding one another's spiritual beliefs
- Whether or not spiritual differences cause tension
- Your similarity in spiritual beliefs

Spiritual Beliefs are a **Strength Area** in your relationship. Your responses indicate high individual satisfaction and healthy agreement as a couple. You recognize how important spiritual beliefs can be in your relationship - impacting holidays and traditions, family and friends, values and priorities, and raising children. Celebrate the fact that this is an area of strength in your relationship.

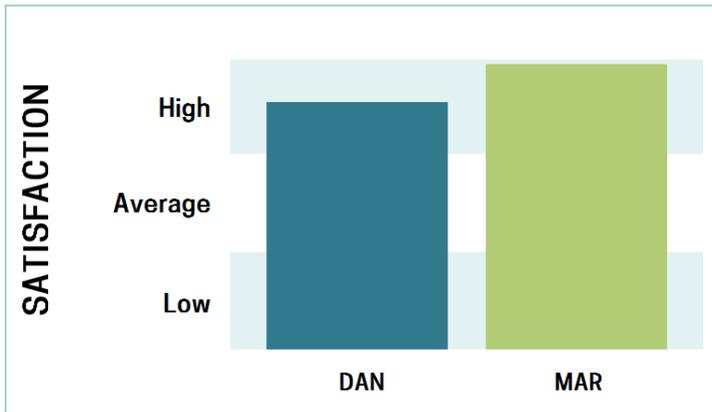
Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

ROLES & RESPONSIBILITIES

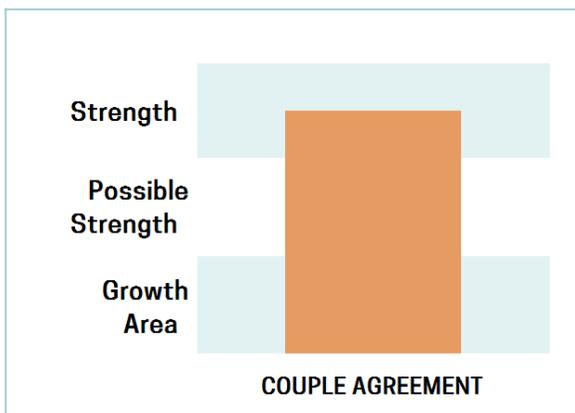
The **Roles & Responsibilities** category measures your satisfaction with how you handle roles and responsibilities in your relationship. More specifically, this category looks at how household chores and decision-making are shared.

INDIVIDUAL RESULTS FOR ROLES & RESPONSIBILITIES



- As individuals, you are both very satisfied with how you handle roles and responsibilities in your relationship.

COUPLE RESULTS FOR ROLES & RESPONSIBILITIES



AGREEMENT ITEMS - YOU BOTH FEEL POSITIVE ABOUT:

- Finishing household chores
- How chores are divided
- How leadership is shared
- Sharing household tasks
- Whether or not you're too busy for household chores.
- Your flexibility regarding roles and responsibilities

DISCUSSION ITEMS - IT MAY BE HELPFUL TO DISCUSS:

- Consulting one another on important decisions

Roles & Responsibilities are **Strength Areas** in your relationship. Finding ways to share and effectively deal with household chores, decision-making, and leadership can be very challenging. Some families adopt more traditional roles, while others divide roles and household responsibilities based more on time availability, interest, and skill. There is more than one way to successfully approach your roles and responsibilities and the two of you report a high level of satisfaction and agreement in the approach you've adopted. Keep up the great work and remember to be flexible in your roles as your family moves through different life stages.

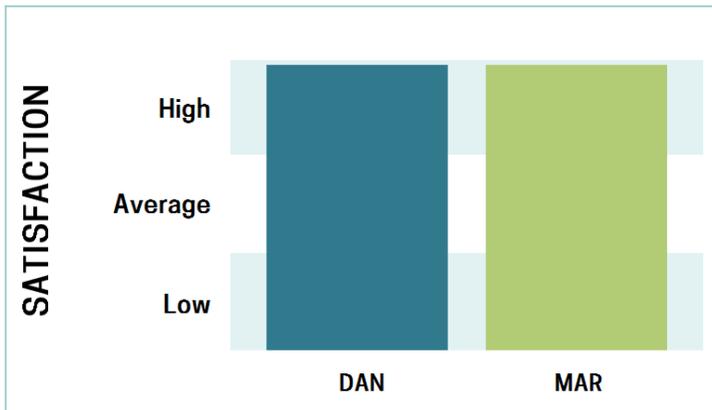
Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

CHILDREN & PARENTING

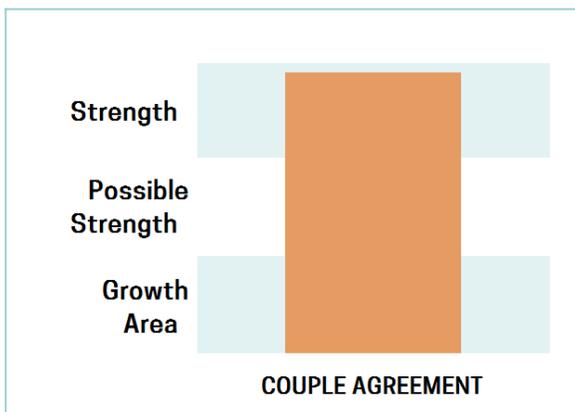
The **Children & Parenting** category measures your agreement on issues related to having and raising children. This category explores your opinions about discipline, parenting responsibilities, and how children have impacted your marriage satisfaction.

INDIVIDUAL RESULTS FOR CHILDREN & PARENTING



- As individuals, you are both very satisfied with how you handle children and parenting

COUPLE RESULTS FOR CHILDREN & PARENTING



AGREEMENT ITEMS YOU HAVE SIMILAR EXPECTATIONS ABOUT -

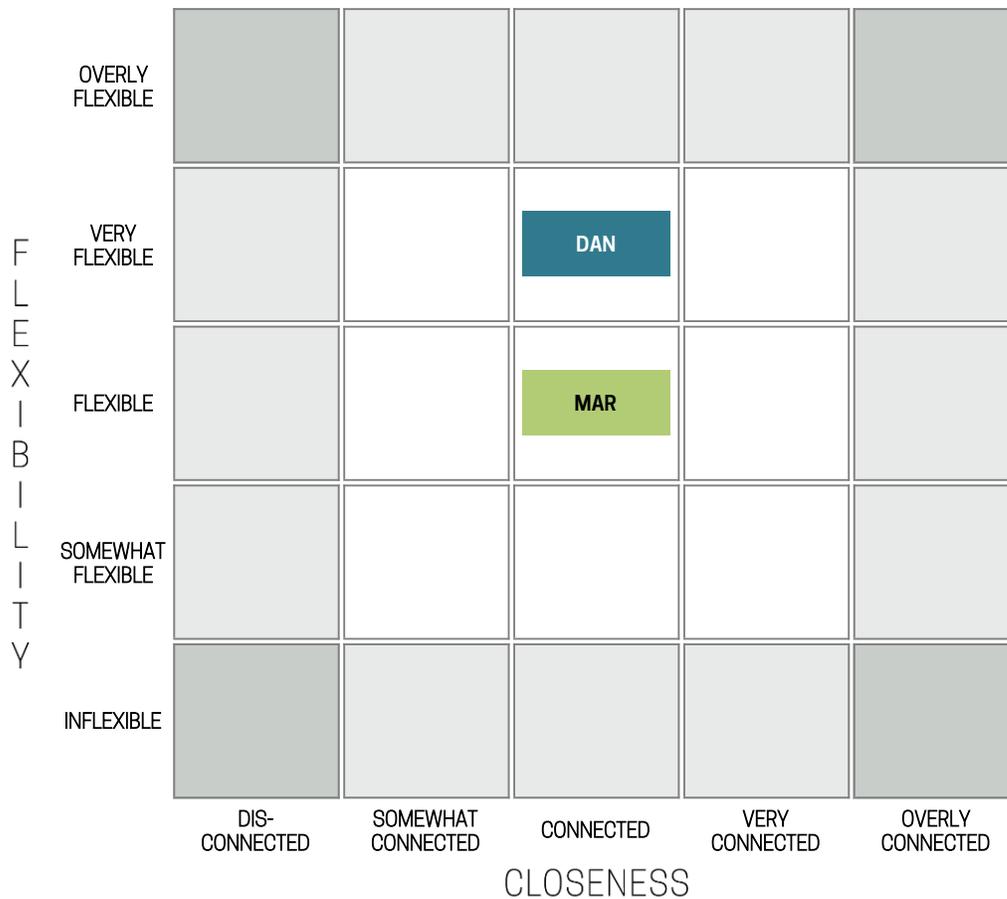
- How children have impacted your relationship/closeness
- How much time is spent with the children
- How much you provide financially for your children
- How parenting responsibilities are shared
- How you discipline your children
- Whether or not children create problems in your relationship
- Your children's religious upbringing

Children & Parenting are **Strength Areas** in your relationship. You both indicate a high individual satisfaction and healthy agreement as a couple. This is no small accomplishment as most couples experience natural tensions over parenting and report decreases in marital satisfaction. Keep up the great work. Remember as your children move through their teen years, effective parenting styles typically adjust to being increasingly flexible and allow for more independence.

Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

COUPLE MAP



Couple Closeness is defined as the emotional closeness you feel toward your spouse. On this dimension, relationships can range from *disconnected* to *overly connected*.

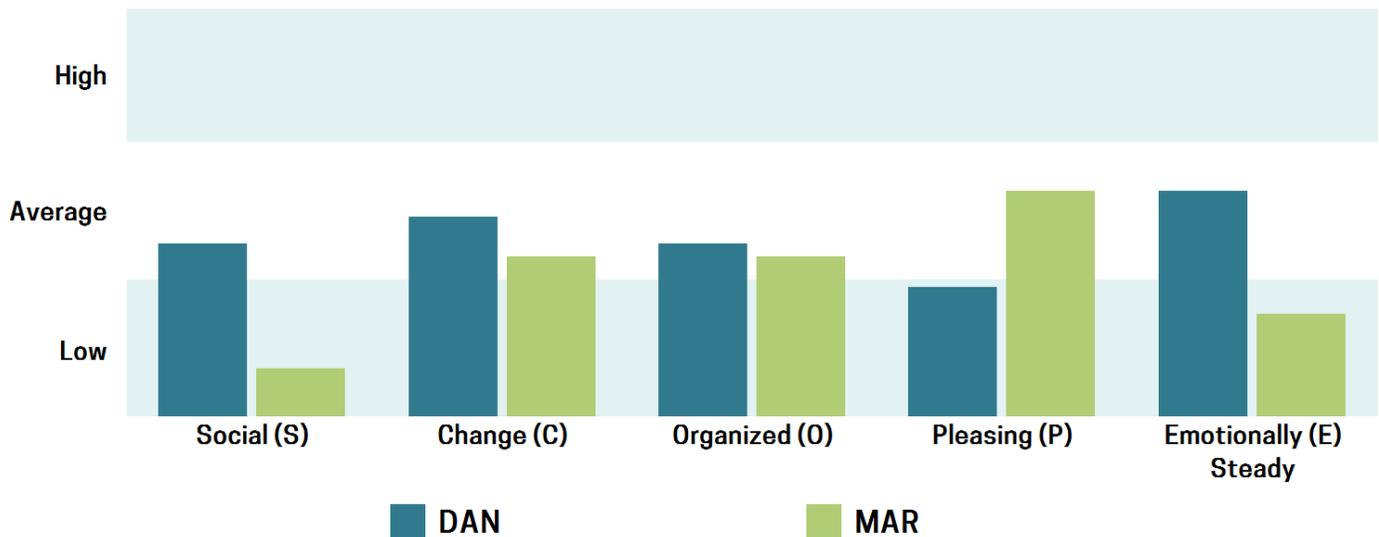
- You both perceive your relationship as **Connected**, meaning you experience a healthy balance of "We" and "I", or closeness and separateness, which reflects an interdependent relationship. Most healthy marriages not only foster connection, but also leave room for each partner to continue to grow and develop as individuals.

Couple Flexibility is defined as the ability to adjust to changes and be flexible in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- Dan, you perceive your relationship to be **Very Flexible**, with a good balance between stability and change. You often share decision making, and are able to adjust to ongoing issues. Most couples enjoy this level of flexibility.
- Mar, you perceive your relationship to be **Flexible**. Relationships in the flexible range are open to change when necessary, with a good balance between stability and change. Leadership and decision-making are equally shared, and roles can adjust to life's demands. This is a healthy balance that most couples enjoy.

Couple Discussion: Review your couple closeness and flexibility results. Discuss what you like about the current levels of closeness and flexibility in your relationship. Discuss how you might want to change (increase or decrease) your closeness or flexibility as a couple.

SCOPE PERSONALITY SCALES



The Personality SCOPE consists of five dimensions based on the Five Factor Model of Personality.

The five dimensions, and your scores on them, are described below. Review your results on all five dimensions rather than focusing on just one or two traits where you scored high or low.

Then, as a couple, compare where your Personality SCOPE results are similar and where they are different. Discuss the advantages and potential drawbacks to each.

Social (S)

This trait reflects preference for, and behavior in social situations.

- Dan, you scored in the **Average** range, suggesting you may find social settings enjoyable, but you value privacy as well. Your preference to be in groups or alone may change based on your mood or external circumstances. You may notice that when you are highly stressed, you lean toward one extreme or the other. You generally enjoy having a balance between alone time and social activity.
- Mar, you scored in the **Low** range, suggesting you tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. You may be low-key, deliberate and less socially connected. You often prefer to be alone or with just a few close friends. You most likely feel energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. Don't confuse introversion with shyness or unfriendliness. If you are too introverted, however, you could appear reclusive or cut off from others. Some people may even misinterpret your need for personal time as aloofness.

Couple Discussion:

Because your scores are rather different regarding being social, you will need to communicate openly with one another about attending social events and getting together with others. One of you gets energy from socializing with others, while the other prefers more privacy and alone time. This difference may become more apparent when you experience greater than normal amounts of stress. You can avoid unnecessary conflict in your relationship by checking with one another before saying yes or no to making plans with others.

SCOPE PERSONALITY SCALES

Change (C)

This trait reflects openness to change, flexibility, and interest in new experiences.

- You both scored in the **Average** range, suggesting you each balance new and creative ideas with more traditional or down to earth approaches to life. Based on the situations you encounter, you can fluctuate between being flexible and keeping things the same. While being practical, you are both open to considering new ideas, experiences, and ways of handling your relationship.

Couple Discussion:

Both of you seem to balance new ideas with practicality. You are open to change and new experiences, but there may be areas where you have conventional interests and more traditional preferences. This balance will allow room for curiosity and imagination, while maintaining a steady approach to life. Your relationship will benefit from your comfort with change and ability to be somewhat flexible.

Organized (O)

This trait reflects how organized and persistent a person is in their daily life and work. It also reflects persistence in pursuing goals.

- You both scored in the **Average** range, suggesting you both are generally organized. You are most likely dependable and goal-oriented, but can also be flexible, sometimes setting aside work and agendas. You know how to get organized, but it is not always a high priority. Your home and workspace are probably somewhat cluttered, but you know where things are located.

Couple Discussion:

Having this in common can be a positive in your relationship as you balance tasks, goals and relationships. You are most likely able to be organized and goal-directed in areas that are important to you as a couple, while simultaneously able to enjoy a free-spirited approach to life. Talk to one another about areas in your life where you need to get more organized, and what roles you will each fulfill to maximize your effectiveness as a couple.

SCOPE PERSONALITY SCALES

Pleasing (P)

This trait reflects how considerate and cooperative one is in their interactions with others.

- Dan, you scored in the **Low** range, suggesting you tend to be more controlling and less cooperative. You may express your anger directly, and could be seen as competitive and proud. You may experience high levels of conflict in your marriage relationship unless you have learned how to balance your assertiveness. You are less likely to be taken advantage of and can stand up for yourself. When out of balance, you could appear skeptical, unfriendly or self-interested. You may sometimes find that others are intimidated and find it difficult to develop a relationship with you.
- Mar, you scored in the **Average** range, suggesting you can be warm and cooperative, but occasionally somewhat competitive, stubborn, or assertive. When you feel your rights are violated, you are able to respond and stand up for yourself. You might occasionally argue about little matters, but you generally know how to get along well with others and are well-liked.

Couple Discussion:

Couples with one spouse who scores higher than the other on this dimension may need to practice their communication and conflict resolution skills and develop the ability to honestly express both positive and negative opinions and feelings. In so doing, you can allow the more assertive spouse the opportunity to truly understand how you feel. If you score low on this dimension, you will benefit from working to be a good listener. Look for the positive qualities in one another and try to maximize cooperation.

Emotionally Steady (E)

This trait reflects the tendency to stay relaxed and calm even when faced with stress, versus those who are more prone to experience negative thoughts and feelings.

- Dan, you scored in the **Average** range, suggesting you are generally calm and able to cope with stress. Others likely see you as capable of handling the everyday stressors that face most people. When under high levels of stress, you could experience negative feelings of anxiety, depression or anger, but you are generally emotionally steady and in control of your life.
- Mar, you scored in the **Low** range, suggesting you are more emotionally sensitive and may be easily upset. You may have some difficulty handling stress in your life. You do not enjoy new situations, as they often become stressful to you, and so you may tend to avoid such experiences. You may be prone to anxiety, anger or depression when faced with stressful situations. When out of balance, you may feel fragile or overly sensitive. Some acquaintances may see your tendencies as difficult to handle and shy away from you which can make you feel even more isolated.

Couple Discussion:

Couples with one person scoring higher than the other can experience occasional challenges. In times of stress, the more emotionally calm person may need to take control and help the other feel less frustrated. The one experiencing anxiety, anger or sadness might wonder why their spouse doesn't feel the same way. Remember to work with one another's differences rather than attempting to change each other. Flexibility and communication will help. Be supportive of each other as often as possible.