

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.

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

	All the time	Most of the time	More often than not	Occa- sionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	O	O	O	O	O	O
17. How often do you or your mate leave the house after a fight?	O	O	O	O	O	O
18. In general, how often do you think that things between you and your partner are going well?	O	O	O	O	O	O
19. Do you confide in your mate?	O	O	O	O	O	O
20. Do you ever regret that you married? (<i>or lived together</i>)	O	O	O	O	O	O
21. How often do you and your partner quarrel?	O	O	O	O	O	O
22. How often do you and your mate “get on each other’s nerves?”	O	O	O	O	O	O

	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	☐	☐	☐	☐	☐	☐
28. Work together on a project	☐	☐	☐	☐	☐	☐

These are some things about which couples sometimes agree and sometime 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 circles 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 fill in the circle which best describes the degree of happiness, all things considered, of your relationship.

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

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.