

# Do We Avoid Conflicts or Talk About Them?

Use this list to determine if you have a tendency to avoid sharing feelings or concerns which could provoke conflict between you and your spouse.

	Often	Some	Never
1. I often hide my feelings to avoid hurting or inconveniencing my spouse.....	—	—	—
2. When we disagree I feel like there's not much point in analyzing our feelings ..... and motivations.	—	—	—
3. I feel like time takes care of most of our conflicts .....	—	—	—
4. When I'm angry I prefer to be left alone until I get over it .....	—	—	—
5. I 'm afraid that showing signs of anger, sadness or fear may ruin our marriage .....	—	—	—
6. I feel we should just accept the things in my marriage that I can't change .....	—	—	—
7. I feel we have learned not to talk about issues that cause disagreements .....	—	—	—
8. I feel that talking about disagreements usually makes matters worse .....	—	—	—
9. There are some areas of my life that I prefer not to discuss with my partner .....	—	—	—
10. I feel there's not much point in trying to persuade my partner to agree with me .....	—	—	—
11. I feel that thinking positively solves a lot of marriage issues .....	—	—	—
12. I feel that anger doesn't solve anything .....	—	—	—
13. I prefer to work out negative feelings on my own .....	—	—	—
14. I feel there's a fairly clear line between the man's role and the woman's role in ..... our marriage	—	—	—
15. I feel we turn to our basic religious or cultural values for help when resolving..... conflicts.	—	—	—
16. It's hard for me to know when I'm angry, sad or afraid .....	—	—	—
17. It's hard for me to show when I'm angry, sad or afraid .....	—	—	—
18. I feel that expressing sadness, anger or fear makes a person appear weak .....	—	—	—
19. The best way to get over negative feelings is to ignore them until they go away .....	—	—	—
20. I feel like we hardly ever disagree .....	—	—	—