

Frequency and Acceptability of Partner Behavior

Andrew Christensen, Ph.D. and Neil S. Jacobson, Ph.D.

Instructions:

In every relationship there are positive behaviors that individuals like their partner to do, and negative behaviors that individuals don't like their partner to do. The following pages list typical behaviors that can cause relationship satisfaction or dissatisfaction. For each behavior listed below:

A) Give an estimate of the frequency of that behavior in the **past month**. Estimate the number of times (0-9) that behavior has occurred this past month either per day, week, or month. For instance, if a behavior occurred twice a week, you can either estimate it as 2 times per week or 8 times per month. In the example below, the spouse indicated that his/her partner initiated physical affection about 2 times per week in the last month. If a behavior occurred at least once in the past month, do NOT estimate it as zero times per day or zero times per week.

B) After you have estimated the frequency of the behavior in the past month, then rate how acceptable it is to you that this behavior has occurred at the specified frequency in the past month. Use the low end of the scale to rate behaviors whose frequency in the last month is unacceptable, intolerable, and unbearable. Use the high end of the scale to rate behaviors whose frequency in the last month is acceptable, even desirable. **If the behavior has not happened in the last month, respond with zero times per month then rate how acceptable it is to you that the behavior has not happened in the past month.**

Positive Partner Behaviors

1. **In the past month, my partner was physically affectionate (e.g., held my hand, kissed me, hugged me, put arm around me, responded when I initiated affection)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was physically affectionate at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

2. **In the past month, my partner was verbally affectionate (e.g., complimented me, told me he/she loves me, said nice things)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was verbally affectionate at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

3. **In the past month, my partner did housework (include times when partner initiated the housework as well as when you suggested it and partner did it—e.g., cooked, did the dishes, cleaned the house, did the laundry, went grocery shopping, washed car, took out the trash)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner did housework at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

4. **In the past month, my partner did child care (e.g., took care of the children, helped them with homework, played with them, disciplined them) [NOTE: If you and your partner do not care for children, please write N/A next to this item, leave the bubbles blank, and move on to the next item.]**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner did childcare at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

5. **In the past month**, my partner confided in me (e.g., shared with me what he/she felt, confided in me his/her successes and failures)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner confided in you at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

6. **In the past month**, my partner engaged in sexual activity with me (e.g., can include sexual intercourse or any other significant sexual activity, whether initiated by you or your partner)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner engaged in sexual activity at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

7. **In the past month**, my partner was supportive of me when I had problems (e.g., listened to my problems, sympathized with me, helped me out with my difficulties)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was supportive of you at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

8. **In the past month**, my partner did social or recreational activities with me (e.g., went to movies, dinner, concerts, hiking, etc. with me, include times when partner initiated these events as well as times when you or others initiated them)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner did social activities at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

9. **In the past month**, my partner socialized with my family or my friends (e.g., visited my family or friends with me, was responsive when they called, joined me for outings with my family or friends)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner socialized with your friends at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

10. **In the past month**, my partner discussed problems in our relationship with me and tried to solve those problems (e.g., talked with me about relationship problems, tried to constructively solve those problems)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner discussed problems with you at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

11. **In the past month**, my partner participated in the financial responsibilities of the family (e.g., helped make financial decisions, paid bills, consulted me before making major purchases)

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner participated in finances at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

12. **Positive behavior(s) not included that you found important in the last month. Behavior:** _____

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner did this positive behavior at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

Negative Partner Behaviors

13. **In the past month, my partner was critical of me (e.g., blamed me for problems, put down what I did, made accusations about me)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was critical of you at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

14. **In the past month, my partner was dishonest with me (e.g., lied to me, failed to tell me things I wanted or needed to know, twisted the facts so I didn't find out what really happened)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was dishonest with you at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

15. **In the past month, my partner was inappropriate with members of the opposite sex (e.g., was too flirtatious with other men/women, had secret meetings with them, made passes at them, or had affairs)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was sexually inappropriate at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

16. **In the past month, my partner did not follow through with his/her agreements (e.g., didn't do what she/he said she/he would do, went back on his/her word)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner did not follow agreements at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

17. **In the past month, my partner was verbally abusive with me (e.g., swore at me, called me names, yelled or screamed)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was verbally abusive at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

18. **In the past month, my partner was physically abusive with me (e.g., pushed, shoved, kicked, bit or hit me, or threw things)**

Frequency: _____ times per: Day Week Month (*circle one*)

Acceptability: How acceptable is it to you that your partner was physically abusive at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 *Totally Acceptable*

19. **In the past month**, my partner was controlling and bossy (e.g., did things without consulting with me first, insisted on his/her way, didn't listen to what I wanted, manipulated things so she/he got what she/he wanted)

Frequency: _____ times per: Day Week Month (circle one)

Acceptability: How acceptable is it to you that your partner was controlling and bossy at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

20. **In the past month**, my partner invaded my privacy (e.g., opened my mail, listened in on my conversations with friends or family)

Frequency: _____ times per: Day Week Month (circle one)

Acceptability: How acceptable is it to you that your partner invaded your privacy at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

21. **In the past month**, my partner engaged in addictive behavior (such as smoking, using drugs, drinking alcohol, etc.) that bothered me. NOTE: Please include what the behavior was _____.

Frequency: _____ times per: Day Week Month (circle one)

Acceptability: How acceptable is it to you that your partner engaged in this addiction at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

22. **Negative behavior(s) not included that you found important in the last month**. Behavior: _____

Frequency: _____ times per: Day Week Month (circle one)

Acceptability: How acceptable is it to you that your partner did this negative behavior at this frequency in the past month?
Totally Unacceptable 0 1 2 3 4 5 6 7 8 9 Totally Acceptable

Items of Most Concern to You:

Out of the behaviors you rated on this questionnaire, what are the 5 behaviors (positive or negative) that were of most concern to you or that troubled you the most in the last month? For example, if item 14 was of most concern, you would write the number 14, then indicate the issue was criticism (see example below). PLEASE DO NOT put more than one item on each line, and please do your best to chose 5 items as requested

EXAMPLE:
Item of Most Concern: Item # on this questionnaire 14 Item Topic critical of me

WHAT IS YOUR:

Item of Most Concern: Item # on this questionnaire _____ Item Topic _____

Item of 2nd Most Concern: Item # on this questionnaire _____ Item Topic _____

Item of 3rd Most Concern: Item # on this questionnaire _____ Item Topic _____

Item of 4th Most Concern: Item # on this questionnaire _____ Item Topic _____

Item of 5th Most Concern: Item # on this questionnaire _____ Item Topic _____