Therapy-on-Sea

Couples Therapy Framework

Positive Sentiment Override Questionnaire (as devised by J Gottman – Featured in The Seven Principles for Making Marriage Work.)

Read each Statement and identify T for true or F for false. Keep a score for both answers.

When my partner is in a bad mood I usually:

1. Feel like I am going to get blamed for some problem **T/F**
2. Want to find out just what my partner is feeling **T/F**
3. Fear a storm of negative emotion may be heading my way **T/F**
4. Assume my partner my be a little stressed **T/F**
5. Assume I am about to get personally attacked **T/F**
6. Believe I can probably help my partner get better **T/F**
7. Expect that my personality is about to get criticised **T/F**
8. Want to comfort my partner if I can **T/F**
9. Just want my partner to be more positive **T/F**
10. Think to myself "Something awful must just have happened" **T/F**

Scoring – Count up the number of times you circled F for the odd numbered questions and add that to the number of times you circle T for the even numbered questions. This is your positive perspective score. Ideally get your partner to do the same questionnaire to find your partner's score.

6 or higher – You and your partner have a strong friendship. This will greatly benefit your relationship.

Below 6 – you could do with practising showing more understanding of what your partners love is, understanding love languages, drivers and ego state. Making small tweaks to your day-to-day communication will add up to create strong sense of positive sentiment to each other.

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