

Repair Attempts

Read each statement and fill in the appropriate TRUE or FALSE bubble.

DURING OUR ATTEMPTS TO RESOLVE CONFLICT BETWEEN US:

	TRUE	FALSE
1. We are good at taking breaks when we need them.	<input type="radio"/>	<input type="radio"/>
2. When I apologize, it usually gets accepted by my partner.	<input type="radio"/>	<input type="radio"/>
3. I can say that I am wrong.	<input type="radio"/>	<input type="radio"/>
4. I am pretty good at calming myself down.	<input type="radio"/>	<input type="radio"/>
5. Even when arguing, we can maintain a sense of humor.	<input type="radio"/>	<input type="radio"/>
6. When my partner says we should talk to each other in a different way, it usually makes a lot of sense.	<input type="radio"/>	<input type="radio"/>
7. My attempts to repair our discussions when they get negative are usually effective.	<input type="radio"/>	<input type="radio"/>
8. We are pretty good listeners even when we have different positions on things.	<input type="radio"/>	<input type="radio"/>
9. If things get heated, we can usually pull out of it and change things.	<input type="radio"/>	<input type="radio"/>
10. My partner is good at soothing me when I get upset.	<input type="radio"/>	<input type="radio"/>
11. I feel confident that we can resolve most issues between us.	<input type="radio"/>	<input type="radio"/>
12. When I comment on how we could communicate better, my partner listens to me.	<input type="radio"/>	<input type="radio"/>
13. Even if things get hard at times, I know we can get past our differences.	<input type="radio"/>	<input type="radio"/>
14. We can be affectionate even when we are disagreeing.	<input type="radio"/>	<input type="radio"/>
15. Teasing and humor usually work with my partner for getting over negativity.	<input type="radio"/>	<input type="radio"/>
16. We can start all over again and improve our discussions when we need to.	<input type="radio"/>	<input type="radio"/>
17. When emotions run hot, expressing how upset I feel makes a real difference.	<input type="radio"/>	<input type="radio"/>
18. Even when there are big differences between us, we can discuss these.	<input type="radio"/>	<input type="radio"/>
19. My partner expresses appreciation for nice things I do.	<input type="radio"/>	<input type="radio"/>
20. If I keep trying to communicate, it will eventually work.	<input type="radio"/>	<input type="radio"/>