

## AREAS OF DISAGREEMENT FORM

Name \_\_\_\_\_

Date \_\_\_\_\_

Circle One:    Male        Female

**Instructions.** Below you will find a list of topics that many couples disagree about. In the first column, please indicate how much you and your spouse disagree by placing a number between 0 and 100 next to each item. A zero indicates that you don't disagree at all, and a 100 indicates that you disagree absolutely. In the second column, please write down the number of years, months, weeks, or days that this has been an area of disagreement

The first line contains an example in which the couple disagrees a great deal about home decorating and that this has been a problem for the for two and a half years. Complete the remaining items in the same way. Do not share your answers with your spouse.

We disagree about...	How much?	How long?
Home decorating	90	2 ½ years
Money and Finances		
Communication		
In-laws and kin		
Emotional Expression		
Issues of Power		
Independence and Dependence		
Household Chores and Childcare		
Politics		
Balancing Career and family		
Handling Stresses		
Religion		
Recreation and having fun		
Friends		
Alcohol and Drugs		
Children		
Jealousy		
Life Style		

Please feel free to write down any other areas of disagreement on the back of this paper and rate them similarly.

Scoring: Total points = problem severity  
 Total length of time the three major issues = chronicity