## DYADIC ADJUSTMENT SCALE

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

|  | Always <br> Agree | Almost <br> Always <br> Agree | Occasionally Disagree | Frequently Disagree | Almost <br> Always <br> Disagree | Always Disagree |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Handling family finances | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 2. Matters of recreation | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. Religious matters | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 4. Demonstrations of affection | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 5. Friends | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 6. Sex relations | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 7. Conventionality (correct or proper behavior) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 8. Philosophy of life | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 9. Ways of dealing with parents or in-laws | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 10. Aims, goals, and things believed important | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 11. Amount of time spent together | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 12. Making major decisions | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 13. Household tasks | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 14. Leisure time interests and activities | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| 15. Career decisions | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | All <br> the time <br> Most of <br> the time | More <br> often <br> than not | Occa- <br> sionally | Rarely | Never |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 16. How often do you discuss or have <br> you considered divorce, separation, <br> or terminating your relationship? | 0 | 0 | 0 | 0 | 0 | 0 |
| 17. How often do you or your mate <br> leave the house after a fight? | 0 | 0 | 0 | 0 | 0 | 0 |
| 18. In general, how often do you think <br> that things between you and your <br> partner are going well? | 0 | 0 | 0 | 0 | 0 | 0 |
| 19. Do you confide in your mate? | 0 | 0 | 0 | 0 | 0 | 0 |
| 20. Do you ever regret that you <br> married? (or lived together) | 0 | 0 | 0 | 0 | 0 | 0 |
| 21. How often do you and your <br> partner quarrel? | 0 | 0 | 0 | 0 | 0 | 0 |
| 22. How often do you and your mate <br> "get on each other's nerves?" | 0 | 0 | 0 | 0 | 0 | 0 |


|  | Every Day | Almost <br> Every Day | Occasionally | Rarely | Never |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 23. Do you kiss your mate? | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
|  | All of them | Most of them | Some of them | Very few of them | None of them |
| 24. Do you and your mate engage in outside interests together? | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |

How often would you say the following events occur between you and your mate?

|  |  | Less than <br> noven a <br> month | Once or <br> twice a <br> month | Once or <br> twice a <br> week | Once a <br> day | More <br> often |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| 25. Have a stimulating exchange of ideas | O | O | O | O | O | O |
| 26. Laugh together | O | O | O | O | O | O |
| 27. Calmly discuss something | O | O | O | O | O | O |
| 28. Work together on a project | O | O | O | O | O | O |

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

|  | Yes | No |  |
| :--- | :--- | :--- | :--- |
| 29. | $\bigcirc$ | $\bigcirc$ | Being too tired for sex. |
| 30. | $\bigcirc$ | $\bigcirc$ | Not showing love. |

31. The circles on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please fill in the circle which best describes the degree of happiness, all things considered, of your relationship.

| O | O | O | O | O | O | O |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Extremely | Fairly | A Little | Happy | Very | Extremely | Perfect |
| Unhappy | Unhappy | Unhappy |  | Happy | Happy |  |

32. Which of the following statements best describes how you feel about the future of your relationship?

O I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
O I want very much for my relationship to succeed, and will do all I can to see that it does.
O I want very much for my relationship to succeed, and will do my fair share to see that it does.
O It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.
O It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
O My relationship can never succeed, and there is no more that I can do to keep the relationship going.

