

# Areas of Frequent Disagreement

**Instructions:**

*Below is a list of some of the most common areas of disagreement that couples have. Please use the following scale to rate the degree to which each area of difference creates a problem in your relationship.*

1
2
3
4
5  
*Not a problem* *A difficult problem*

*For each area that you rate 4 or 5, please describe the preferences/expectations that each of you has and why you each seem to feel that way that you do.*

<b>1</b>	<b>Differences regarding who is responsible for what with regard to regular household responsibilities, how often things should be done, and how thoroughly should things be done.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>2</b>	<b>Differences regarding how money should be spent or saved.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>3</b>	<b>Differences in how (and how much) to interface with each partner's extended family.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>4</b>	<b>Differences with regard how much individual time spent (hobbies, interests, fitness, individual friends)</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>5</b>	<b>Differences in how much time should be spent doing household projects and improvements.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>6</b>	<b>Differences in neatness and organization.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>
	<b>Explain:</b>	
<b>7</b>	<b>Differences regarding how to discipline and/or relate to the children.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input style="width: 30px;" type="text"/>

	<b>Explain:</b>	
<b>8</b>	<b>Differences in how important it is to be punctual.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>9</b>	<b>Differences in how much to keep each other informed about schedules, conversations with others, etc.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>10</b>	<b>Differences in how friendly we should be toward (or how much time is okay to spend with) people outside of our relationship.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>11</b>	<b>Differences in how much time should be spent talking about stressful situations, problems or negative things that happen in our respective lives.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>12</b>	<b>Differences in desired frequency of sex or preferred types of sexual activity.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>13</b>	<b>Differences in how much time and effort should devoted to our relationship (e.g., time spent together, detail known about each other's lives, doing nice things for each other, amount of effort spent "working on our relationship, etc.").</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>14</b>	<b>Differences in how much it's okay for partners to ask for help when they are capable of doing tasks for themselves.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	
<b>15</b>	<b>Differences in expectations regarding how much partners should ask for help if they need it vs. expect partner notice and offer without having to ask.</b>	<b>Rating (1=not a problem; 5=a difficult problem):</b> <input type="text"/>
	<b>Explain:</b>	

16	Differences in how much deliberation is needed before making decisions.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
17	Differences in ambition versus contentment.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
18	Differences in how much priority to give to healthy living.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
19	Differences in how much effort to put into personal hygiene or presentation.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
20	Differences in how confrontational we should be when others (outside of our relationship) aren't doing what they're supposed to do.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
21	Differences in how forgiving or friendly one should be toward people (outside of our relationship) who have done hurtful or offensive things.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
22	Differences in the importance that religion or church should have.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
23	Differences in acceptable extent of drug or alcohol use.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
24	Differences in how much life should be planned versus spontaneous.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
25	Differences in risk-taking.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	

26	Differences regarding how much effort should be devoted to environmentally friendly practices adhered to.	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	
27.	Other:	Rating (1=not a problem; 5=a difficult problem): <input type="text"/>
	Explain:	

Please rank the top 4 area of frequent disagreement from the above chart that create problems in your relationship, beginning with the area that creates the most problems.

1	
2	
3	
4	