# Gottman Communication Self-Assessment

This self-assessment is used in John Gottman’s research to identify tendencies during difficult interactions and conflicts. Think of times when you have found yourself in a tough conflict with someone you are close to. Please complete the following honestly and without overthinking your answers. It should take about 10 minutes to complete.

# A

|  |  |  |
| --- | --- | --- |
| **Yes** | **No** | 1) I think it is very important to determine who is at fault. |
|  |  | 2) I see it as my job to present all of my complaints. |
|  |  | 3) I try to see patterns and analyze other’s personality as part of my complaint. |
|  |  | 4) I don’t complain till I feel hurt. |
|  |  | 5) I try to make a general point instead of being specific about one situation or action. |
|  |  | 6) I analyze other’s personality in addition to discussing specific actions that bother me. |
|  |  | 7) I let things build up for long time before I complain. |
|  |  | 8) I don’t censor my complaints at all. I really let the other have it. |
|  |  | 9) When I complain my emotions are very intense and powerful. |
|  |  | 10) I complain in part to get things off my chest. |
|  |  | 12) I don’t state my complaints in a neutral manner. |
|  |  | 11) I don’t try to be very rational when I state what I think is wrong. |
|  |  | 13) When I complain I feel explosive inside. |
|  |  | 14) When I complain I bring up other’s faults. |
|  |  | 15) There’s no stopping me once I get started. |
|  |  | 16) I resent having to bring up these issues in the first place. |
|  |  | 17) I regret my tactless choice of words when I complain. |
|  |  | 18) Whenever I bring up a problem I know I’m basically right. |
|  |  | 19) Whenever I bring up a problem it is my goal to get others to see how I’m right. |
|  |  | 20) When I complain I use phrases like “You always” or “You never” |
|  |  | ** Total marked “Yes”** |

**B**

|  |  |  |
| --- | --- | --- |
| **Yes** | **No** | 1) When \_\_\_\_\_\_ is sharing I can’t think of much of anything I admire in him/h. |
|  |  | 2) When I get upset I can see glaring faults in the other’s personality. |
|  |  | 3) I just don’t respect some of the things the other does. |
|  |  | 4) I try to point out ways in which the other is inadequate in a particular situation. |
|  |  | 5) I find it hard to have much pride in the other’s qualities. |
|  |  | 6) During the discussion I found myself putting the other down. |
|  |  | 7) There’s not a whole lot to look up to in the way the other goes about things. |
|  |  | 8) The other can be pretty arrogant at times. |
|  |  | 9) When the other got negative I found myself thinking of insulting things to say back. |
|  |  | 10) The other can be pretty smug at times. |
|  |  | 11) The other is too stubborn to compromise. |
|  |  | 12) When the other is upset with me I want to turn the tables and counterattack. |
|  |  | 13) I can’t help feeling that there’s a lot of stupidity in the other’s behavior. |
|  |  | 14) It’s hard for me to see the other’s point of view when I don’t agree. |
|  |  | 15) I often have no respect for the other when we are discussing an issue. |
|  |  | 16) I just get fed up with all the negativity. |
|  |  | 17) I felt disgust by the other’s attitude. |
|  |  | 18) Others at work can be pretty stupid at times. |
|  |  | 19) I disapprove of the other’s behavior. |
|  |  | 20) The other can be pretty inept at times. |
|  |  | 21) It is hard to respect the other when he or she is being incompetent. |
|  |  | 22) When the other is upset with me I think of all the ways I’ve been let down. |
|  |  | 23) The other can be very selfish. |
|  |  | 24) I often feel a sense of righteous indignation when the other is expressing something negative. |
|  |  | 25) When I get dumped on I think of ways to get even. |
|  |  | 26) When I see glaring faults in others I can’t recall their positive qualities. |
|  |  | ** Total marked “Yes”** |

**C**

|  |  |  |
| --- | --- | --- |
| **Yes** | **No** | 1) When others complain I feel I just want to get away from this garbage. |
|  |  | 2) I have to control myself to keep from saying what I really feel. |
|  |  | 3) I think, “It’s best to withdraw to avoid a big conflict” |
|  |  | 4) I withdraw to try to calm down. |
|  |  | 5) When I have a big blow up with someone at work, I just want to leave. |
|  |  | 6) At times when others are very negative, I think it is best just not to respond at all. |
|  |  | 7) I’d rather withdraw than get my feelings hurt. |
|  |  | 8) I wonder why small issues suddenly become big ones. |
|  |  | 9) I withdraw when others emotions seem out of control. |
|  |  | 10) I think, “I don’t have to take this kind of treatment”. |
|  |  | 11) I don’t want to fan the flames of conflict, so I just sit back and wait. |
|  |  | 12) I hate it when work discussions stop being rational. |
|  |  | ** Total marked “Yes”** |

**D**

|  |  |  |
| --- | --- | --- |
| **Yes** | **No** | 1) When others complain to me I feel unfairly picked on. |
|  |  | 2) When others complain to me I feel misunderstood. |
|  |  | 3) When others complain to me I don’t feel I get credit for the positive things I do. |
|  |  | 4) What is wrong in the relationship actually isn’t that much my responsibility. |
|  |  | 5) To avoid blame, I have to explain why and how the problem arose. |
|  |  | 6) I feel unfairly attacked when the other is being negative about me. |
|  |  | 7) When others complain, I realize that I also have a set of complaints that need to be heard. |
|  |  | 8) The other’s negativity gets too intense, too much, too out of proportion. |
|  |  | 9) The other was too touchy, got their feelings hurt too easily. |
|  |  | 10) There was some truth to my partner’s complaints, but it was not the whole truth. |
|  |  | 11) When my others complain to me, I think, “I am innocent of these charges.” |
|  |  | 12) When others complain about me I feel I have to “ward off” these attacks. |
|  |  | 13) I feel obligated to deny the complaints against me that are inaccurate. |
|  |  | 14) When I listen to other’s complaints I think of complaints of my own that aren’t getting attention. |
|  |  | 15) Other’s views of the problem are too self-centered. |
|  |  | 16) I think, “What you say only bounces right off me.” |
|  |  | 17) When others complain about me I try to think of ways to protect myself. |
|  |  | 18) When others complain about me I think of a way to re-explain my position. |
|  |  | 19) When others complain I think that if my position were really understood we wouldn’t have all these issues. |
|  |  | 20) It seems that all others can do is find fault with me. |
|  |  | 21) Sometimes it feels like others are coming at me with a baseball bat. |
|  |  | 22) During a hot argument I keep thinking of ways to retaliate. |
|  |  | ** Total marked “Yes”** |