

CoupleWork.co.nz CONFLICT TACTICS* for(your name)

No matter how well a couple gets along, there are times when they disagree on major decisions, get annoyed about something the other person does, have spats or fights because they're in a bad mood or for some other reason. A couple may also use many different ways to settle their differences. Listed below are some things you or your partner may have done when you had a dispute. First rate how many times YOU have done any of these things in the past year. Second rate how many times YOUR PARTNER has done any of these things in the past year. Finally indicate if you or your partner has ever done any of these things.

You in the Past Year

Your Partner in the Past Year

How often have you:	Never	Once	Twice	3-5 times	6-10 times	11-20 times	21 or more	Don't Know	Never	Once	Twice	3-5 times	6-10 times	11-20 times	21 or more	Don't Know	EVER
Discussed the issue calmly																	
Got info to back up your ideas																	
Brought in or tried to bring in help to settle things																	
Insulted or swore at the other one																	
Sulked &/or refused to talk about it																	
Stomped out of the room or house (or yard)																	
Cried																	
Did or said something to spite the other one																	
Threatened to hit or throw something at the other one																	
Threw or smashed or hit or kicked something																	
Threw something at the other one																	
Pushed, grabbed or shoved the other one																	
Slapped the other one																	
Kicked, bit or hit with a fist																	
Hit or tried to hit with something																	
Beat up the other one																	
Threatened with knife or gun																	
Used a knife or gun																	
Other																	

*Conflict Tactics Scales (from Straus 1979)