

DAS by Graham B. Spanler, Ph.D.

Name: _____ Sex: M F Marital Status: _____ Age: _____

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. Circle the star under one answer for each item.

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

	All The Time	Most Of The Time	More Often Than Not	Occasionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or termination of your relationship?.....	*	*	*	*	*	*
17. How often do you or your mate leave the house after a fight?.....	*	*	*	*	*	*
18. In general, how often do you think that things between you and your partner are going well?.....	*	*	*	*	*	*
19. Do you confide in your mate?.....	*	*	*	*	*	*
20. Do you ever regret that you married (or lived together)?.....	*	*	*	*	*	*
21. How often do you and your partner quarrel?.....	*	*	*	*	*	*
22. How often do you and your mate get on each others' nerves?.....	*	*	*	*	*	*

	Every Day	Almost Every Day	Occasionally	Rarely	Never
23. Do you kiss your mate?.....	*	*	*	*	*

	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?.....	*	*	*	*	*

How often do the following occur between you and your mate?	Never	Less Than Once A Month	Once Or Twice A Month	Once Or Twice A Week	Once A Day	More Often
25. Have a stimulating exchange of ideas.....	*	*	*	*	*	*
26. Laugh together.....	*	*	*	*	*	*
27. Calmly discuss something.....	*	*	*	*	*	*
28. Work together on a project.....	*	*	*	*	*	*

These are some things about which couples sometimes agree or disagree. Indicate if either item caused differences of opinions or were problems in the past few weeks.

	Yes	No
29. Being too tired for sex.....	*	*
30. Not showing love.....	*	*

31. The stars on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Circle the star above the phrase which best describes the degree of happiness, all things considered, of your relationship.

*	*	*	*	*	*	*
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

32. Which of the following statements best describes how you feel about the future of your relationship? Circle the letter for one statement.

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