

# Lisa L. Gold, Ph.D., LPC

2929 N. Power Rd, Suite 101

Mesa, AZ 85215

480-355-5214

Dr.gold@desertvistacounseling.com

**Dyadic Adjustment Scale**

Male  Female

**Name** \_\_\_\_\_

<b><i>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. (Place a check mark to indicate your answer.)</i></b>	Al wa ys Ag re e	Al mo st Al wa ys Ag re e	Oc ca sio nal ly Di sa gr ee	Fr eq ue ntl y Di sa gr ee	Al mo st Al wa ys Di sa gr ee	Al wa ys Dis agr ee
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						

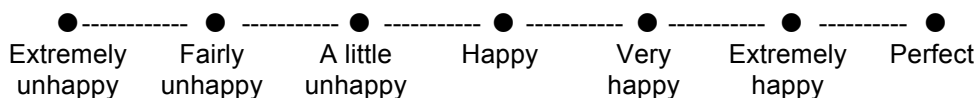
<b><i>How often would you say the following events occur between you and your mate?</i></b>	All th e tim e	Mo st of th e tim e	Mo re oft en th an no t	Oc ca sio nal ly	Ra rel y	Ne ver
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?						
17. How often do you and 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 other's nerves?"						

<i>How often would you say the following events occur between you and your mate?</i>	Every day	Almost every day	Occasionally	Rarely	Never
23. Do you kiss your mate?					
24. Do you and your mate engage in outside interests together?					

<i>How often would you say the following events occur between you and your mate?</i>	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						

<i>These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks (circle Yes or No).</i>		
29. Being too tired for sex.	Yes	No
30. Not showing love.	Yes	No

31. The dots 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 circle the dot which best describes the degree of happiness, all things considered, in your relationship.



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

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

The Dyadic Adjustment Scale (Spanier, 1976) is in the public domain. However, the presentation of the instrument (Caldwell, 2007) is subject to current copyright law.