



Marital Games Questionnaire

Review the twelve (12) statements below and indicate any that seem to fit what we might hear you, your spouse or both of you say to one another; indicate myself, spouse, both or neither as appropriate:

Myself Spouse Both Neither

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. Sure, I'll do it later. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. Nothing's the matter, I'm fine! |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. I wouldn't have done that if you ... |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. Never mind, I don't feel like going now. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. You think you had a bad day! |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. I still don't feel like you care. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7. Yes, I'll help you after ... |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8. Don't worry about it ... I'll get over it. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9. I'd do more of what you wanted if only you would only ... |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10. Just forget it, I wouldn't enjoy it now! |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 11. I know what you mean about being upset . . . let me tell you about how I feel. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12. If only you would _____, then I would feel important. |

The twelve questions above correspond to the six Marital Games:

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|------------------------------|----------------------------------|
| ◆ Questions # 1 and 7 above | 1. Complainer vs. Procrastinator |
| ◆ Questions # 2 and 8 above | 2. Nothing's Wrong Game |
| ◆ Questions # 3 and 9 above | 3. Blame Game |
| ◆ Questions# 4 and 10 above | 4. Performance vs. Yes, But |
| ◆ Questions # 5 and 11 above | 5. Outdone vs. Sweet Martyr |
| ◆ Questions # 6 and 12 above | 6. Frustrated vs. Never Enough |

Complete and core your lists then compare responses. Which "Games" do you see yourself playing? Your spouse?



Scoring the *Marital Games Questionnaire*

The twelve questions correspond to the six Marital Games:

◆	Questions # 1 and 7	Complainer vs. Procrastinator
◆	Questions # 2 and 8	Nothing's Wrong Game
◆	Questions # 3 and 9	Blame Game
◆	Questions # 4 and 10	Performance vs. Yes, But
◆	Questions # 5 and 11	Outdone vs. Sweet Martyr
◆	Questions # 6 and 12	Frustrated vs. Never Enough