

## The Four Horsemen Of The Apocalypse

The four quizzes below refer to the four areas in which Marriages, and relationships fail. It has been taken from "Why Marriages Succeed Or Fail" by John Gottman so for a full explanation of these areas refer to the text.

### Are You A Critic?

This test looks at how you talk about the things that bother you. If possible, take this test soon after a discussion or disagreement with your spouse so that your actions and feelings are fresh in your mind. Or, think back to the last argument you had. Try to recall it with as rich detail as possible. What started the argument? What did each of you say? How did you feel when it was over? Then answer the following questions as if you had just finished that discussion. Again, both you and your partner should take this test, or you should take it a second time as you imagine your partner would answer it.

1. I thought it was very important to determine who was at fault.  
You:   Yes           No                           Your Partner:           Yes           No
2. I saw it as my job to present all of my complaints.  
You:   Yes           No                           Your Partner:           Yes           No
3. I tried to see patterns and analyse my partner's personality as part of my life.  
You:   Yes           No                           Your Partner:           Yes           No
4. I didn't complain until I felt very hurt.  
You:   Yes           No                           Your Partner:           Yes           No.
5. I tried to make a general point instead of being specific about one situation or action.  
You:   Yes           No                           Your Partner:           Yes           No
6. I analysed by partner's personality in addition to discussing specific actions that bothered me.  
You:   Yes           No                           Your Partner:           Yes           No
7. I let things build up for a long time before I complained.  
You:   Yes           No                           Your Partner:           Yes           No
8. I didn't censor my complaints at all. I really let my partner have it - full force.  
You:   Yes           No                           Your Partner:           Yes           No
9. When I complained my emotions were very intense and powerful.  
You:   Yes           No                           Your Partner:           Yes           No

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|--|-----|----|---------------|-------------|
| 10. I complained in part to get things off my chest.                                     |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 11. I did not state my complaints in a neutral manner.                                   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 12. I did not try to be very rational when I stated what I thought was wrong.            |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 13. When I complained I felt explosive inside.   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 14. When I complained I brought up my partner's faults.                                  |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 15. There's no stopping me once I get started.   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 16. I resented having to bring up these issues in the first place.                       |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 17. I regret my tactless choice of words when I complained.                              |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 18. Whenever I bring up a problem, I know I am basically right.                          |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 19. Whenever I bring up a problem it is my goal to get my partner to see how I am right. |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 20. It was my goal to get my partner to accept some blame for the problem.               |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 21. When I complained I used phrases like "You always" or "You never".                   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |

**Scoring:** If you checked "yes" on more than seven items you are probably a good candidate for being a critic. Remember, criticism by itself is not wrong - it is easy to shift from complaining to criticizing.

## No Respect

For each statement, circle "yes" or "no" depending on whether you generally agree with it.

1. When we were discussing an issue in our marriage, I couldn't think of much of anything I admired in my partner.  
You: Yes      No      Your Partner: Yes      No
2. When I got upset I could see glaring faults in my partner's personality.  
You: Yes      No      Your Partner: Yes      No
3. I just do not respect some of the things my partner does.  
You: Yes      No      Your Partner: Yes      No
4. I tried to point out ways in which my partner was inadequate in a particular situation.  
You: Yes      No      Your Partner: Yes      No
5. I found it hard to have much pride in my partner's qualities.  
You: Yes      No      Your Partner: Yes      No
6. During the discussion I found myself putting my partner down.  
You: Yes      No      Your Partner: Yes      No
7. There's not a whole lot to look up to in the way my partner goes about things.  
You: Yes      No      Your Partner: Yes      No
8. My spouse can be pretty arrogant at times.  
You: Yes      No      Your Partner: Yes      No
9. When my partner got negative I found myself thinking of insulting things to say back.  
You: Yes      No      Your Partner: Yes      No
10. My spouse can be pretty smug at times.  
You: Yes      No      Your Partner: Yes      No
11. My spouse was too stubborn to compromise.  
You: Yes      No      Your Partner: Yes      No
12. When my partner was upset with me I wanted to turn the tables and counter-attack.  
You: Yes      No      Your Partner: Yes      No
13. I can't help feeling that there's a lot of stupidity in my partner's behaviour.  
You: Yes      No      Your Partner: Yes      No
14. It's hard for me to see my partner's point of view when I don't agree.  
You: Yes      No      Your Partner: Yes      No
15. I often have no respect for my partner when we are discussing an issue.  
You: Yes      No      Your Partner: Yes      No

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|--|-----|----|---------------|-------------|
| 16. I just get fed up with all the negativity.   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 17. I felt disgusted by my partner's attitudes.  |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 18. My spouse can be pretty stupid at times.   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 19. I disapprove of my partner's behaviour   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 20. My spouse can be pretty inept at times.  |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 21. It was hard to respect my partner when he or she was being that incompetent.                   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 22. When my partner is upset with me I think of all the ways I have been let down in this marriage |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 23. My spouse can be very selfish.   |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 24. I often feel a sense of righteous indignation when my partner is expressing something negative |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 25. When I get dumped on I think of ways to get even.  |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |
| 26. When I see a glaring fault in my partner I can't recall my partner's positive qualities.       |     |    |               |             |
| You:   | Yes | No | Your Partner: | Yes      No |

**Scoring:** If you answered "yes" to more than seven items, you are probably a good candidate for using contempt.

## How Defensive Are You?

This quiz looks at whether you respond defensively when your partner brings up an issue. Try to recall your actual behaviour, feelings and thoughts just after an argument. It is very important that you be honest with yourself. For each statement, circle "yes" or "no" depending on whether you generally agree with it. Once more, if your partner does not take the test, you should take it twice.

1. When my partner complained, I felt unfairly picked on.  
You: Yes      No                      Your Partner:              Yes      No
2. I felt misunderstood.  
You: Yes      No                      Your Partner:              Yes      No
3. I don't feel that I get credit for all the positive things I do.  
You: Yes      No                      Your Partner:              Yes      No
4. What went wrong was actually not that much my responsibility  
You: Yes      No                      Your Partner:              Yes      No
5. To avoid blame, I had to explain why and how the problem arose.  
You: Yes      No                      Your Partner:              Yes      No
6. I felt unfairly attacked when my partner was being negative.  
You: Yes      No                      Your Partner:              Yes      No
7. When my partner complained, I realized that I also had a set of complaints that needed to be heard.  
You: Yes      No                      Your Partner:              Yes      No
8. My partner's negativity got too intense, too much, too out of proportion.  
You: Yes      No                      Your Partner:              Yes      No
9. My partner was too touchy, got feelings hurt too easily.  
You: Yes      No                      Your Partner:              Yes      No
10. There was some truth to my partner's complaints, but it was not the whole truth.  
You: Yes      No                      Your Partner:              Yes      No
11. When my partner complained, I thought "I am innocent of these charges"  
You: Yes      No                      Your Partner:              Yes      No
12. When my partner complained I felt that I had to "ward off" these attacks.  
You: Yes      No                      Your Partner:              Yes      No
13. I felt obligated to deny the complaints against me that were inaccurate.  
You: Yes      No                      Your Partner:              Yes      No
14. When I listened to my partner's complaints I thought of complaints of my Own that were not getting attention.  
You: Yes      No                      Your Partner:              Yes      No
15. My partner's views of the problem were too self-centered.

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|-----|---|----|---------------|-----|----|
|     | You: Yes  | No | Your Partner: | Yes | No |
| 16. | I thought "What you say only bounces right off me".   |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 17. | When my partner complained I tried to think of ways to protect myself   |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 18. | When my partner complained I thought of a way to re-explain my position.  |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 19. | When my partner complained I thought that if my position was really Understood we wouldn't have all these issues. |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 20. | It seems that all my partner can do is find fault with me.  |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 21. | Sometimes it feels like my partner is coming at me with a baseball bat.   |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |
| 22. | During a hot argument, I keep thinking of ways to retaliate.  |    |               |     |    |
|     | You: Yes  | No | Your Partner: | Yes | No |

**Scoring:** If you have checked "yes" for seven or more items, then you are probably a good candidate for being defensive. It is easy to feel unfairly attacked at times, even in the best relationship. People who score high in defensiveness often operate with an internal script of thoughts that maintain their distress. In general, the defensive person feels like an innocent victim, wronged, misunderstood, unfairly treated and not appreciated.

## Stonewalling

This short quiz will help you determine whether you are apt to stonewalling during marital conflict. For each statement, circle "yes" or "no" depending on whether you generally agree or disagree with it. Take the test twice if your partner does not take it.

1. When my partner complained I felt that I just wanted to get away from this Garbage.  
You: Yes      No      Your Partner: Yes      No
2. I had to control myself to keep from saying what I really felt.  
You: Yes      No      Your Partner: Yes      No
3. I thought, "It's best to withdraw to avoid a big fight".  
You: Yes      No      Your Partner: Yes      No
4. I withdrew to try to calm down.  
You: Yes      No      Your Partner: Yes      No
5. When we have a big blow up, I just want to leave.  
You: Yes      No      Your Partner: Yes      No
6. At times when my spouse is very negative, I think it is best just not to respond at all.  
You: Yes      No      Your Partner: Yes      No
7. I would rather withdraw than get my feelings hurt.  
You: Yes      No      Your Partner: Yes      No
8. I think that sometimes withdrawing is the best solution.  
You: Yes      No      Your Partner: Yes      No
9. I wondered why small issues suddenly became big ones.  
You: Yes      No      Your Partner: Yes      No
10. I withdrew when my partner's emotions seemed out of control.  
You: Yes      No      Your Partner: Yes      No
11. I thought, "I don't have to take this kind of treatment".  
You: Yes      No      Your Partner: Yes      No
12. I didn't want to fan the flames of conflict, so I just sat back and waited.  
You: Yes      No      Your Partner: Yes      No
13. I hate it when things in our discussions stop being rational.  
You: Yes      No      Your Partner: Yes      No

**Scoring:** If you checked "yes" to four or more items you are probably a good candidate for being a stonewaller.

## STONEWALLING

YES

NO

YOU

YOUR PARTNER

It is easy to feel overwhelmed and to want to run away from conflict at times, or to feel like not responding out of fear of increasing the tension. Often, a stonewaller thinks that he is simply being neutral rather than being disapproving or removed. It is important to realize that withdrawal during an argument is a very powerful act. When you don't provide feedback (by verbally interacting or simply nodding your head) it is quite unnerving to the speaker. He or she often responds by becoming all the more upset. It is much better to hang in there, perhaps to say that you feel like running away rather than actually acting on the emotion.