



Questionnaire on partnership A psycho-ecological inventory

Instruction

The following questionnaire includes 19 areas that pertain to couples living together. We are interested in the significance of the areas in your partner relationship in the present and the past, as well as the changes over time in each area. Goal of the questionnaire is to find out what makes couples stay together and what makes them separate.

The first section of each area will briefly describe the substance of the area. Please answer the question with regard to two different phases of your relationship:

1. the time period when you first lived together, e.g., the first year.
2. the last time period of your relationship, e.g., the last year you lived together.

Additionally, please estimate whether in your opinion the time period was beneficial or not beneficial for the stability of your partner relationship.

Important: When we ask about specific time periods of your cohabitation and you have never lived together, please refer those questions to the time when you and your partner had agreed to be in a committed relationship with each other.

If you are currently single, separated, or divorced, please answer the questions for your last committed relationship.

Finally, we will ask some questions about your and your partner's personal background. This information is important as the context of your life circumstances and helps us understand your answers in the 19 areas.

Please take your time in answering the questions. Feel free to take breaks and not finish the questionnaire in one sitting, but make sure that you answer all questions.

1. Mutual exchange by conversation

As a rule, couples differ from each other regarding the extent to which they share everyday experiences and problems or things they are concerned about. There are, for instance, people who like to hear about each other's day, to know how the other feels and what is important to him or her: it may well be that these people need just as much to share their own thoughts, feelings and experiences with their partner. Others prefer to settle their daily lives by themselves and soon feel pried upon if their partner wants to know too much or to open his/her heart too much.

• *Please try to think about your first year of relationship now:*

In the first year of our relationship, I shared my experiences with my partner ...

————— ————— ————— ————— 9

Very rarely Rarely Occasionally Frequently Very frequently

I think that in the first year of our relationship my partner shared his/her experiences with me ...

————— ————— ————— —————

Very rarely Rarely Occasionally Frequently Very frequently

The kind and amount of verbal exchange in the first year of our relationship met my needs ...

————— ————— ————— —————

Very much Much Half way Little Very little

• *Please try to think about your most recent year of partnership now:*

In the most recent year of our relationship, I shared my experiences with my partner ...

————— ————— ————— —————

Very rarely Rarely Occasionally Frequently Very frequently

1. Mutual exchange by conversation (cont'd)

I think that in the most recent year of our relationship my partner shared his/her experiences with me ...

————— ————— ————— ————— 13

Very rarely Rarely Occasionally Frequently Very frequently

The kind and amount of verbal exchange in the most recent year of our relationship met my needs ...

————— ————— ————— —————

Very much Much Half way Little Very little

• *Please think about it now:*

I think that this aspect (**namely our mutual exchange by conversation**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

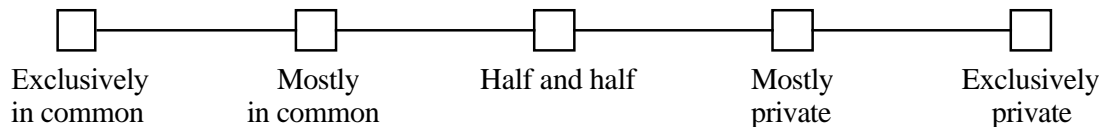
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

2. Shared and Individual Areas

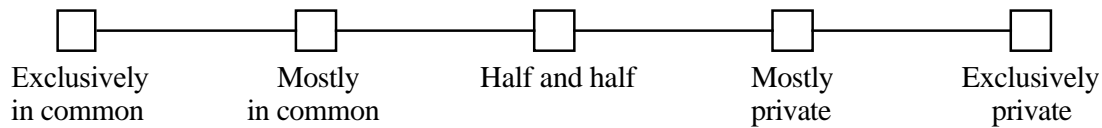
Couples define differently the areas and space in their relationship that they have in common and that remain private. Some couples share almost everything with each other. For example, they have mostly common interests and share most leisure activities, they have most friends in common, and they share most experiences. Conversely, other couples consider it crucial to have their own space and to maintain relationships from which the partner is excluded.

• *Please try to think about your first year of relationship now:*

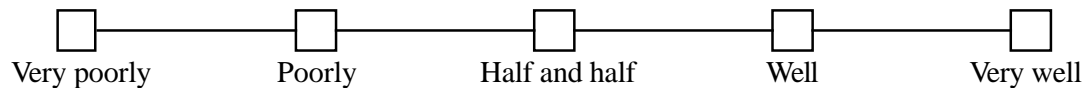
During the first year we had areas and space ...



In my opinion, during the first year, my partner had areas and space ...

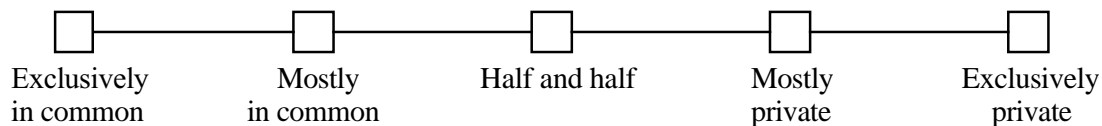


I was able to cope with the way how we shared areas and space during the first year ...



• *Please try to think about your most recent year of partnership now:*

During the last year, I had areas and space ...



2. Shared and Individual Areas (cont'd)

In my opinion, during the last year, my partner had areas and space ...

_____ _____ _____ _____ _____ 20

Exclusively in common Mostly in common Half and half Mostly private Exclusively private

I was able to cope with the way how we shared areas and space during the last year ...

_____ _____ _____ _____ _____

Very poorly Poorly Half and half Well Very well

• Please think about it now:

I think that this aspect (**namely our shared and individual areas**) had the following effect on the stability of our partnership ...

_____ _____ _____ _____ _____

Very stimulating Rather stimulating None Rather hindering Very hindering

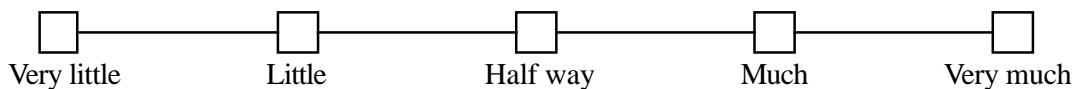
• Please feel free to use this space for your personal thoughts concerning this aspect:

3. Housing Arrangements

All couples develop external structures to their relationship in the form of housing arrangements. For example, some couples choose to live in the city others in rural areas. Housing arrangements also include the size of the house and the rules about cleanliness. The housing arrangements make take on very different meanings for individual partners. For example, some people are extremely identified with their houses and cannot imagine feeling at home at any other place. For others the housing arrangement is less important. They are less identified with the house in which they live and perceive it more as a burden.

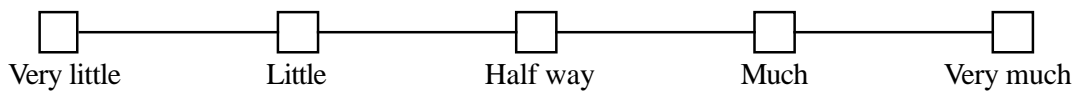
• *Please try to think about your first year of relationship now:*

During the first year, I was identified with our housing arrangements ...

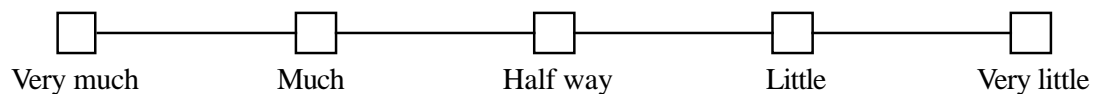


23

In my opinion, during the first year, my partner was identified with our housing arrangements ...

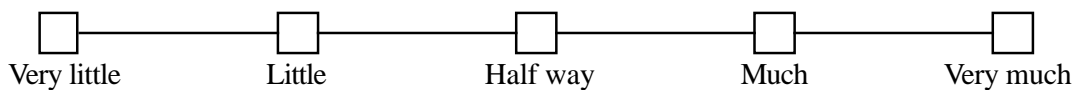


The way we were identified with our housing arrangements, during the first year, was for me ... satisfactory



• *Please try to think about your most recent year of partnership now:*

During the last year, I was identified with our housing arrangements ...



3. Housing Arrangements (cont'd)

In my opinion, during the last year, my partner was identified with our housing arrangements ...

————— ————— ————— —————

Very little Little Half way Much Very much

27

The way we were identified with our housing arrangements, during the last year, was for me ... satisfactory

————— ————— ————— —————

Very much Much Half way Little Very little

• *Please think about it now:*

I think that this aspect (**namely our housing arrangements**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

• *Please feel free to use this space for your personal thoughts concerning this aspect:*

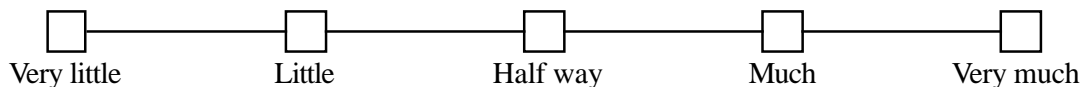
4. Families of origin

When two people enter into a couple relationship their respective families of origin influence the stability of their relationship. There are couples, for instance, that have accepted that their parents or other extended family members have a great influence on their couple relationship. Extended family members may even become part of the decision making process, when these couples decide to stay together or separate when problems arise. Other couples are very independent from their families of origin, they are internally and externally individuated from them.

In answering this question it may be helpful to consider who in the couple's family of origin would react most strongly, if they were to doubt their couple relationship.

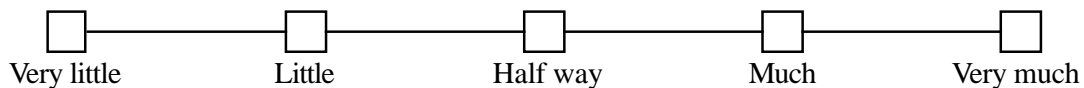
• Please try to think about your first year of relationship now:

During the first year, I felt influenced by our families of origin ...

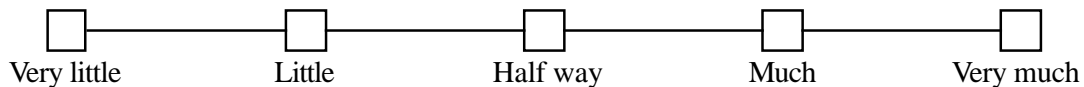


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In my opinion, during the first year, my partner felt influenced by our families of origin ..

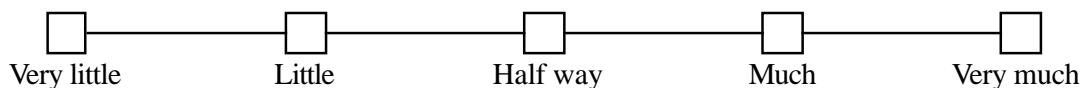


The extent to which we allowed our families of origin to influence our life, during the first year, met my needs ...



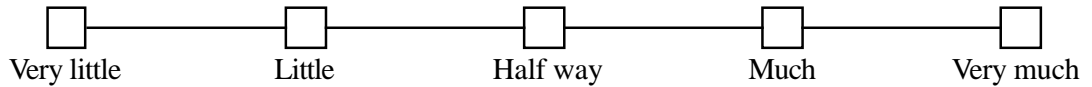
• Please try to think about your most recent year of partnership now:

During the last year, I felt influenced by our families of origin ...



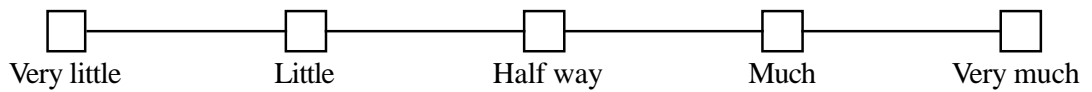
4. Families of origin (cont'd)

In my opinion, during the last year, my partner felt influenced by our families of origin ..



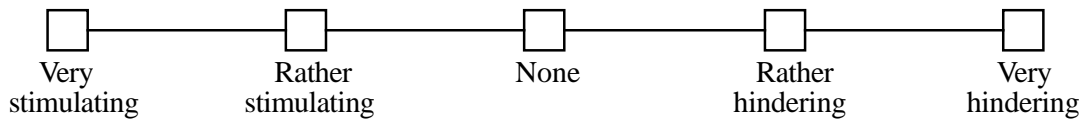
34

The extent to which we allowed our families of origin to influence our life, during the last year, met my needs ...



• *Please think about it now:*

I think that this aspect (**namely our families of origin**) had the following effect on the stability of our partnership ...



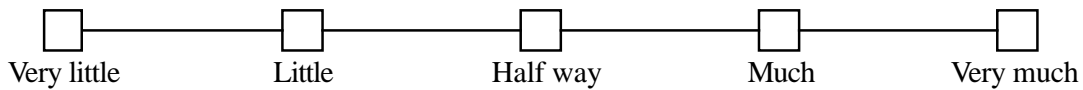
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

5. Assignment of Roles

Living together couples have to define to what extent the partners are responsible for household income, household chores, and, if applicable, the care of the children. Some couples prefer a traditional gender role distribution in which the woman is responsible for household and children, while the man provides the household income. Other couples may share all responsibilities equally, while in a third group of couples the man may take on most of the household and child responsibilities and the woman provides the income. During the course of a relationship the couple's needs and requirements with regard to gender role distribution may change repeatedly. Many couples intend to equally share responsibilities, but when they have children, the woman takes on more of the household and child responsibilities than the man. Many couples adapt to the changing gender role requirements automatically, others spent a great deal of time negotiating and renegotiating them.

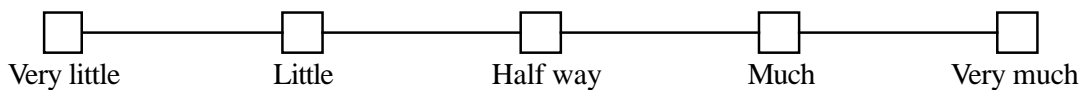
• *Please try to think about your first year of relationship now:*

During the first year, our assignment of roles followed the traditional pattern ...

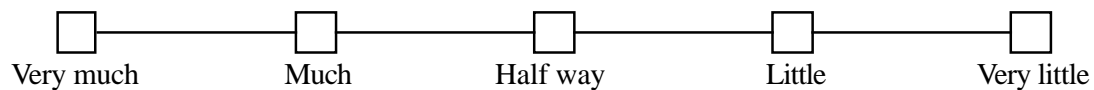


37

During the first year, our assignment of roles reflected my needs ...



In my opinion, during the first year, our assignment of roles reflected my partner's needs ...



5. Assignment of Roles (cont'd)

- Please try to think about your most recent year of partnership now:

During the last year, our assignment of roles followed the traditional pattern ...

————— ————— ————— —————
Very little Little Half way Much Very much

During the last year, our assignment of roles reflected my needs ...

————— ————— ————— ————— 41
Very little Little Half way Much Very much

In my opinion, during the last year, our assignment of roles reflected my partner's needs ...

————— ————— ————— —————
Very much Much Half way Little Very little

- Please think about it now:

I think that this aspect (**namely our assignment of roles**) had the following effect on the stability of our partnership ...

————— ————— ————— —————
Very Rather None Rather Very
stimulating stimulating hindering hindering

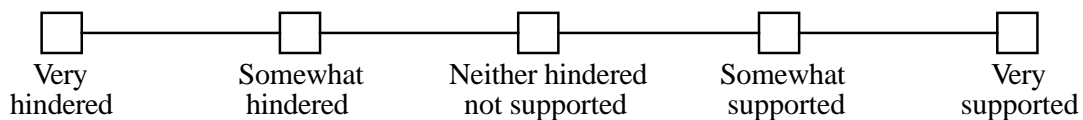
- Please feel free to use this space for your personal thoughts concerning this aspect:

6. Individual Development within the Couple Relationship

Couples living together mutually influence their individual relationships. Some people only feel this impact when told by their partners. Others believe that their partners have enhanced their personal development, for example by increasing their self-confidence. Yet others feel that their couple relationship stifles their individual development. There are also people who think that their partners do not have a great impact on their personal development. They assume that other factors such as having children or changing jobs influence their individual relationship more than the couple relationship.

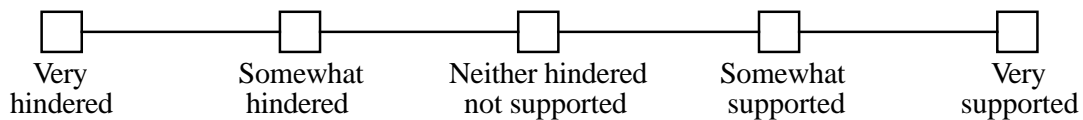
• Please try to think about your first year of relationship now:

During the first year, I felt that through our relationship my personal development was ...

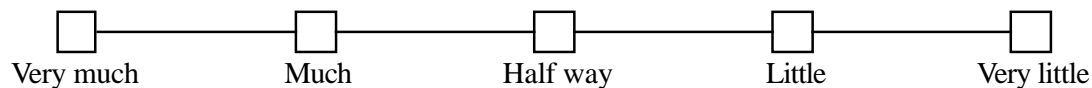


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In my opinion, during the first year, through our relationship my partner's personal development was ...



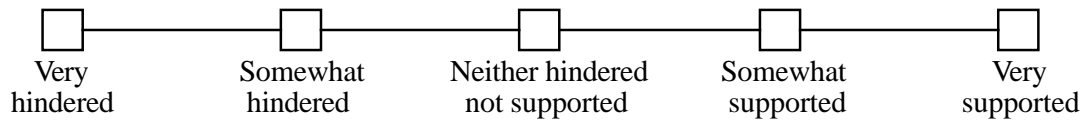
During the first year, I was satisfied how we mutually influenced our personal development ...



6. Individual Development within the Couple Relationship (cont'd)

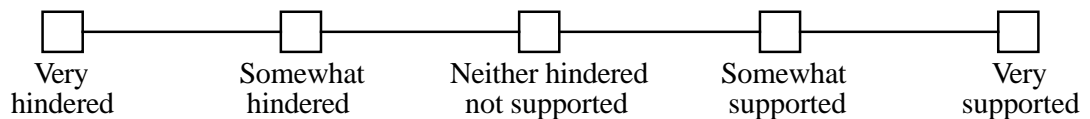
- Please try to think about your most recent year of partnership now:

During the last year, I felt that through our relationship my personal development was ...

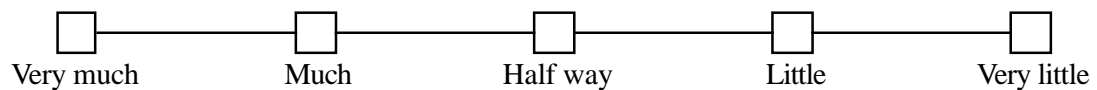


47

In my opinion, during the last year, through our relationship my partner's personal development was ...

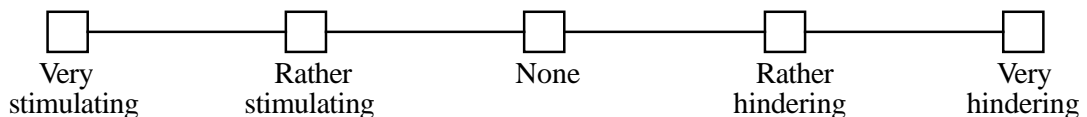


During the last year, I was satisfied how we mutually influenced our personal development ...



- Please think about it now:

I think that this aspect (**namely our individual development within the couple relationship**) had the following effect on the stability of our partnership ...



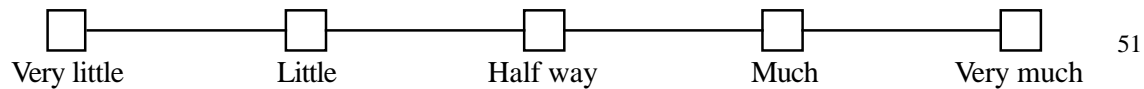
- Please feel free to use this space for your personal thoughts concerning this aspect:

7. Loyalty and Support

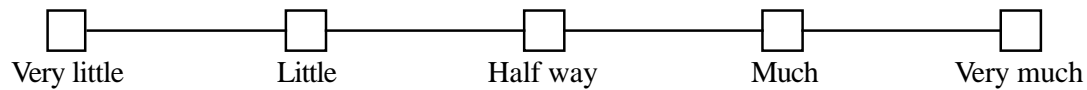
Many couples are very loyal to each other. They support each other emotionally and behaviorally. Other couples do not feel much loyalty and provide little support. Couples deal with the degree of loyalty and support very differently. Some couples need them for their well being, others disregard them and prefer living without them, in order not to become dependent on each other.

• *Please try to think about your first year of relationship now:*

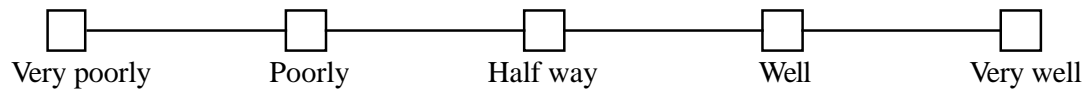
During the first year, I received loyalty and support from my partner ...



In my opinion, during the first year, my partner received loyalty and support from me ...

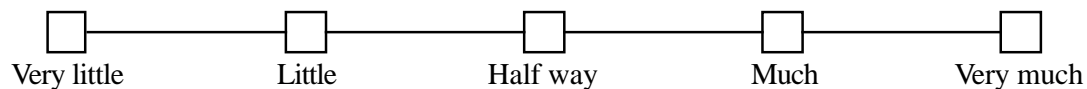


During the first year, I was able to cope with the degree of loyalty and support we gave and received ...



• *Please try to think about your most recent year of partnership now:*

During the last year, I received loyalty and support from my partner ...



7. Loyalty and Support (cont'd)

In my opinion, during the last year, my partner received loyalty and support from me ...

————— ————— ————— —————

Very little Little Half way Much Very much

55

During the last year, I was able to cope with the degree of loyalty and support we gave and received ...

————— ————— ————— —————

Very poorly Poorly Half way Well Very well

• *Please think about it now:*

I think that this aspect (**namely our loyalty and support**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

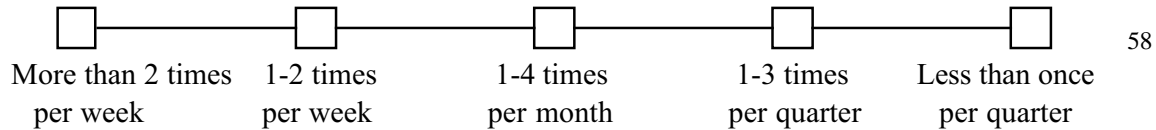
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

8. Sexual Relationship

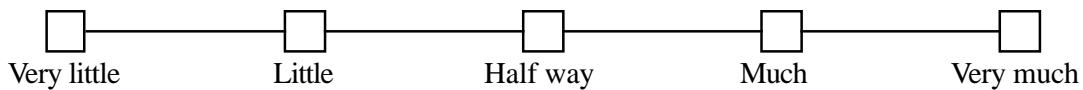
The importance of the sexual relationship varies across couples. For some couples sex is in the center of their relationship with almost daily sexual interaction. Other couples do not place any significance on sexual contact and have sex very infrequently. Some couples are not sexually active with each other at all.

• *Please try to think about your first year of relationship now:*

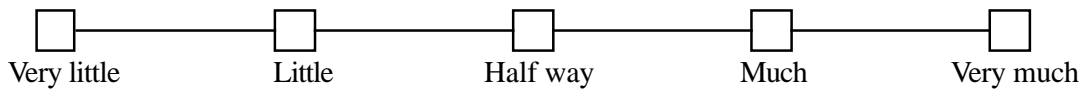
During the first year, we had sex ...



The frequency of sex, during the first year, met my needs ...

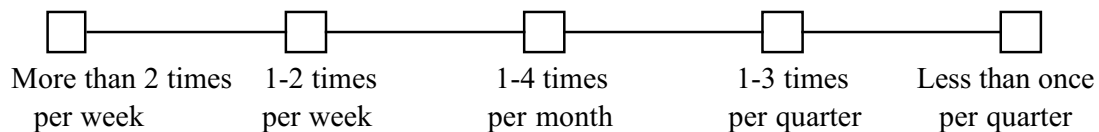


In my opinion, during the first year, the frequency of sex met my partner's needs ...



• *Please try to think about your most recent year of partnership now:*

During the last year, we had sex ...



8. Sexual Relationship (cont'd)

The frequency of sex, during the last year, met my needs ...

————— ————— ————— —————

Very little Little Half way Much Very much

62

In my opinion, during the last year, the frequency of sex met my partner's needs ...

————— ————— ————— —————

Very little Little Half way Much Very much

• *Please think about it now:*

I think that this aspect (**namely our Sexual Relationship**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

• *Please feel free to use this space for your personal thoughts concerning this aspect:*

9. Sensuality and Affection

Sensuality and affection are an important part of a couple relationship. They are associated with admiration and infatuation, with a need for tenderness and being physically attracted to the partner. Yet, this is not identical with sexual attraction. Feeling close to one's partner frequently triggers physiological reactions such as increased heart rate, excitement, insomnia, and increased levels of energy. Partners want to feel attractive, long for and miss each other when separated. Sensuality may lead to great happiness when acknowledged and replicated or to depressive reactions when partners feel rejected. Some couples consider sensuality and affection insignificant for their relationship. They do not miss them and are content with the couple relationship. Others feel extremely unhappy without sensuality and affection.

• *Please try to think about your first year of relationship now:*

During the first year, sensuality and affection were important to me ...

————— ————— ————— —————

Very much Much Half way Little Very little

65

In my opinion, during the first year, sensuality and affection were important to my partner ...

————— ————— ————— —————

Very much Much Half way Little Very little

During the first, year I was satisfied with the importance sensuality and affection had ...

————— ————— ————— —————

Very much Much Half way Little Very little

• *Please try to think about your most recent year of partnership now:*

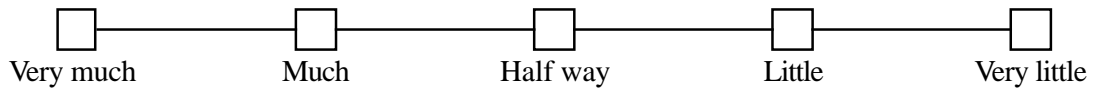
During the last year, sensuality and affection were important to me ...

————— ————— ————— —————

Very much Much Half way Little Very little

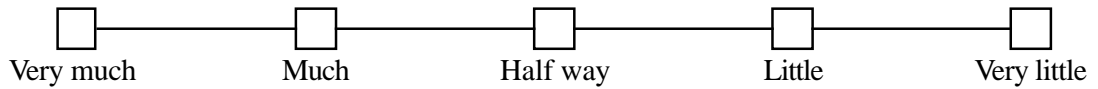
9. Sensuality and Affection (cont'd)

In my opinion, during the last year, sensuality and affection were important to my partner ...



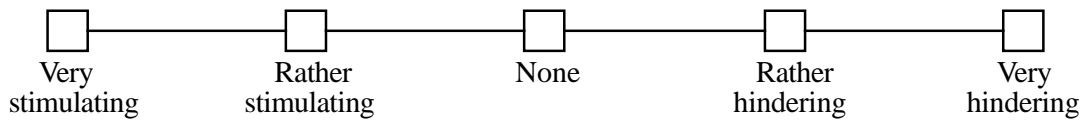
69

During the last year, I was satisfied with the importance sensuality and affection had ...



• *Please think about it now:*

I think that this aspect (**namely our sensuality and affection**) had the following effect on the stability of our partnership ...



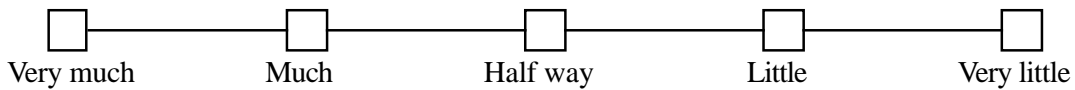
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

10. Love

Many couples commit to a relationship because they are in love with each other. Love describes a deep emotional bond, mutual caring and attraction, trust and closeness. However, there are couples in committed relationships that are less bonded through love than through the accomplishment of certain tasks, their family of origins, or mutual goals such as building a home. Sometimes love develops or increases in such relationships. Feelings of love change during the course of a long-term relationship. They may decrease or totally disappear, or they may deepen or redevelop.

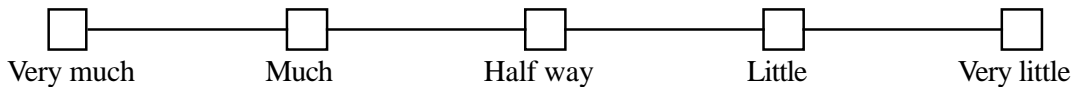
• Please try to think about your first year of relationship now:

During the first year, I was in love with my partner ...

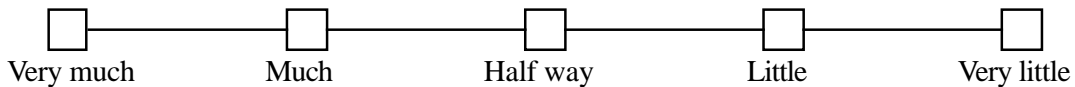


72

In my opinion, during the first year, my partner was in love with me ...

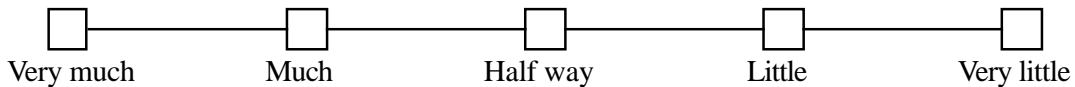


During the first year, I was satisfied with the love we felt for each other ...



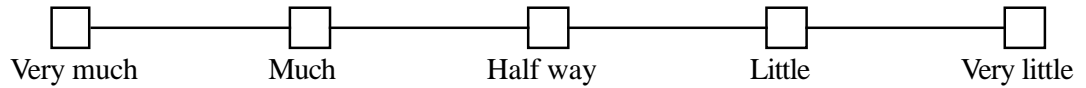
• Please try to think about your most recent year of partnership now:

During the last year, I was in love with my partner ...



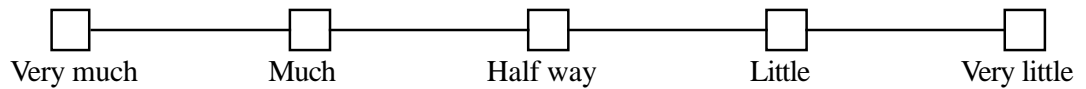
10. Love (cont'd)

In my opinion, during the last year, my partner was in love with me ...



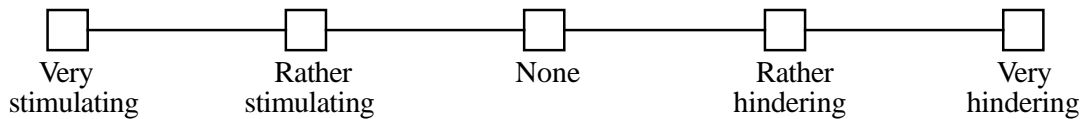
76

During the last year, I was satisfied with the love we felt for each other ...



• Please think about it now:

I think that this aspect (**namely our love**) had the following effect on the stability of our partnership ...



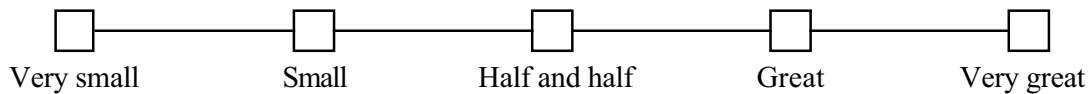
• Please feel free to use this space for your personal thoughts concerning this aspect:

11. Tenderness and Affection

The exchange of tenderness and affection has different meanings in couple relationships. They are defined as the level of emotional involvement that is not directly related to the couple's sexual relationship. Tenderness and affection may include the exchange of kind compliments, a smile, and a tender touch or hug. Some couples need these exchanges and enjoy them. Others prefer a more distant relationship without body contact. When the needs for tenderness and affection within a couple relationship differ, one partner may suffer while the other is content.

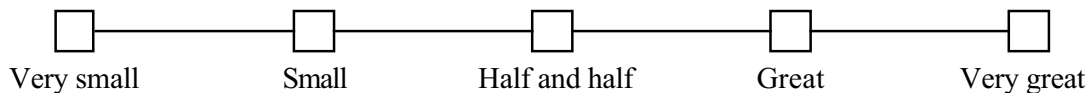
• *Please try to think about your first year of relationship now:*

During the first year, my need to give and receive tenderness and affection was ...

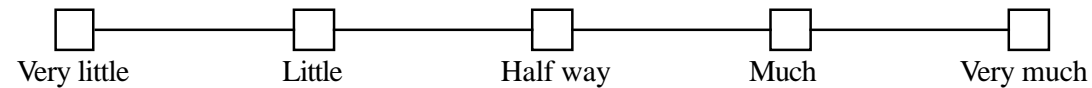


79

In my opinion, during the first year, my partner's need to give and receive tenderness and affection was ...

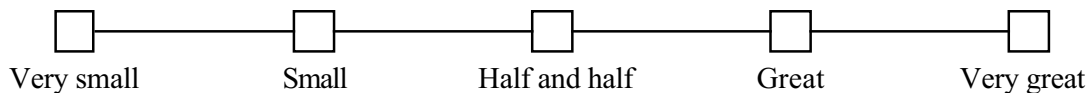


During the first year, I was satisfied with the exchange of tenderness and affection ...



• *Please try to think about your most recent year of partnership now:*

During the last year, my need to give and receive tenderness and affection was ...



11. Tenderness and Affection (cont'd)

In my opinion, during the last year, my partner's need to give and receive tenderness and affection was ...

————— ————— ————— —————

Very small Small Half and half Great Very great

83

During the last year, I was satisfied with the exchange of tenderness and affection ...

————— ————— ————— —————

Very little Little Half way Much Very much

• *Please think about it now:*

I think that this aspect (**namely our tenderness and affection**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

• *Please feel free to use this space for your personal thoughts concerning this aspect:*

12. Extra Couple Sexual Relationships

Couples develop different strategies dealing with extra couple sexual relationships. Some prefer not to talk about this area at all; others talk about extra relationship sex openly. Many couples commit to monogamy, while others include sexual contact outside the couple relationship. Issues may arise when partners differ in their compliance with agreements.

• *Please try to think about your first year of relationship now:*

During the first year, I had extra couple sexual relationships ...

————— ————— ————— —————

Never Rarely Occasionally Frequently Very frequently

86

In my opinion, during the first year, my partner had extra couple sexual relationships ...

————— ————— ————— —————

Never Rarely Occasionally Frequently Very frequently

During the first year, I was able to cope how we handled extra couple sexual relationships ...

————— ————— ————— —————

Very well Well Half and half Poorly Very poorly

• *Please try to think about your most recent year of partnership now:*

During the last year, I had extra couple sexual relationships ...

————— ————— ————— —————

Never Rarely Occasionally Frequently Very frequently

12. Extra Couple Sexual Relationships (cont'd)

In my opinion, during the last year, my partner had extra couple sexual relationships ...

————— ————— ————— —————

Never Rarely Occasionally Frequently Very frequently

90

During the last year, I was able to cope how we handled extra couple sexual relationships ...

————— ————— ————— —————

Very well Well Half and half Poorly Very poorly

• *Please think about it now:*

I think that this aspect (**namely our extra couple sexual relationships**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

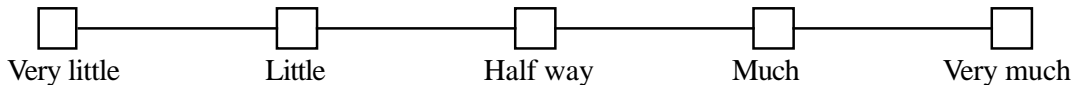
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

13. Identification with the Couple Relationship

People develop different degrees of identification with the couple relationship. Some feel a close connection with their partners and would support them no matter what happens to them. They would marry their partner again, if they were to start over. The relationship history and especially the difficult times the couple successfully mastered create a bond and the sense that the relationship is worthwhile, despite the difficult times. Other couples have doubts when identifying with the relationship. They are not sure whether the relationship interferes with their individual needs and interests. They consider whether they would be better off with a different partner who better supports their development and growth.

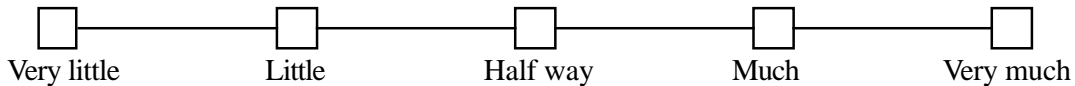
• *Please try to think about your first year of relationship now:*

During the first year, I was identified with our couple relationship ...

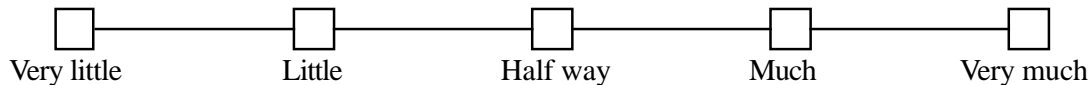


93

In my opinion, during the first year, my partner was identified with our couple relationship ...

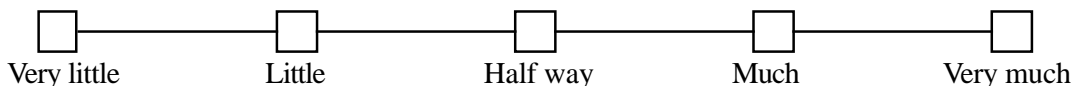


During the first year, I was satisfied with the degree to which we were identified with our couple relationship ...



• *Please try to think about your most recent year of partnership now:*

During the last year, I was identified with our couple relationship ...



96

13. Identification with the Couple Relationship (cont'd)

In my opinion, during the last year, my partner was identified with our couple relationship ...

————— ————— ————— —————

Very little Little Half way Much Very much

During the last year, I was satisfied with the degree to which we were identified with our couple relationship ...

————— ————— ————— —————

Very little Little Half way Much Very much

• *Please think about it now:*

I think that this aspect (**namely our identification with the couple relationship**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

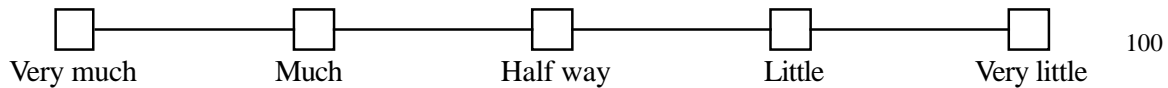
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

14. Partner Compatibility

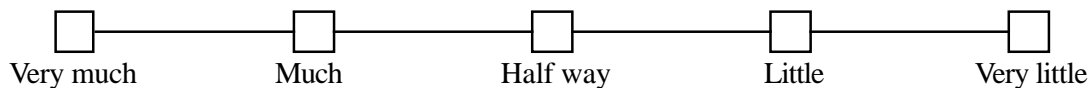
Partners in couple relationships differ in the extent to which they understand each other and feel understood. When some people recognize how different their partner is they are disappointed, feeling despair and loneliness. Others feel motivated to face the challenge to learn more about the partner's views, thoughts, and experiences. They may even like how different their partner is from them.

• *Please try to think about your first year of relationship now:*

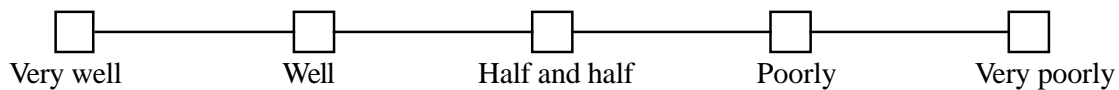
During the first year, I felt how different my partner was from me ...



In my opinion, during the first year, my partner felt how different I was from him/her ...

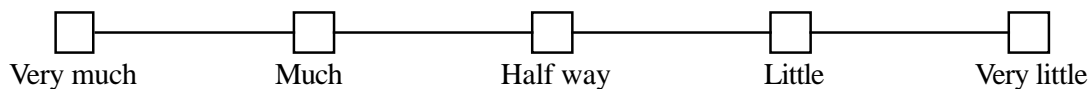


During the first year, I was able to cope with the difference between the two of us ...



• *Please try to think about your most recent year of partnership now:*

During the last year, I felt how different my partner was from me ...



14. Partner Compatibility (cont'd)

In my opinion, during the last year, my partner felt how different I was from him/her ...

————— ————— ————— —————

Very much Much Half way Little Very little

104

During the last year, I was able to cope with the difference between the two of us ...

————— ————— ————— —————

Very well Well Half and half Poorly Very poorly

• Please think about it now:

I think that this aspect (**namely our partner compatibility**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

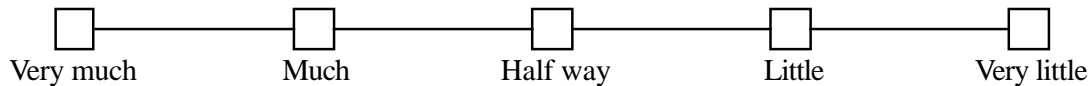
• Please feel free to use this space for your personal thoughts concerning this aspect:

15. Obligations and Guilt Feelings

When people live together feelings of guilt and obligation develop. Some feel obligated to stick together in bad times. This includes the expectation of earning an entitlement of support after support has been granted. Others disagree with such a pattern. They try not to create guilt feelings that put their partner in a bind. Nor do they want their partner to put them in a bind.

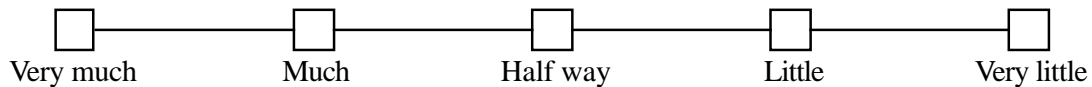
• *Please try to think about your first year of relationship now:*

During the first year, I felt connected to my partner through obligations and guilt feelings ...

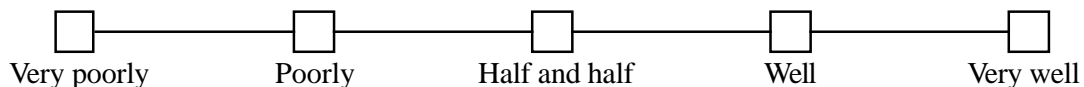


107

In my opinion, during the first year, my partner felt connect to me through obligations and guilt feelings ...

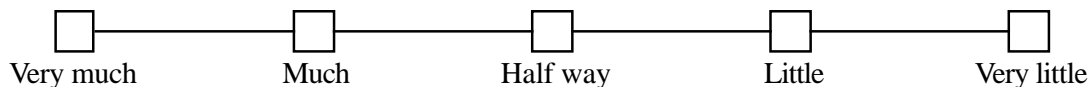


During the first year, I was able to cope with the extent how we felt connected through obligations and guilt feelings ...



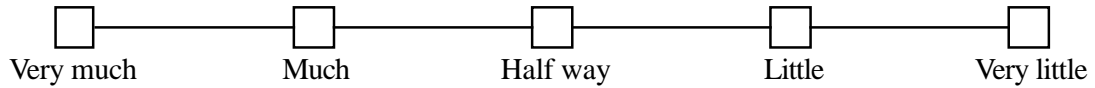
• *Please try to think about your most recent year of partnership now:*

During the last year, I felt connected to my partner through obligations and guilt feelings ...



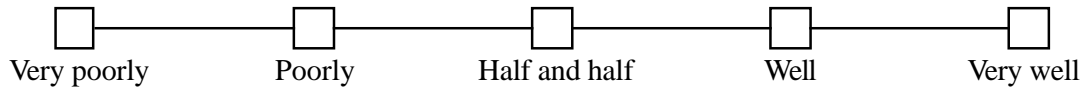
15. Obligations and Guilt Feelings (cont'd)

In my opinion, during the last year, my partner felt connect to me through obligations and guilt feelings ...



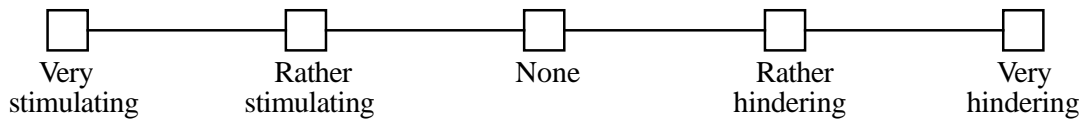
111

During the last year, I was able to cope with the extent how we felt connected through obligations and guilt feelings ...



• *Please think about it now:*

I think that this aspect (**namely our obligations and guilt feelings**) had the following effect on the stability of our partnership ...



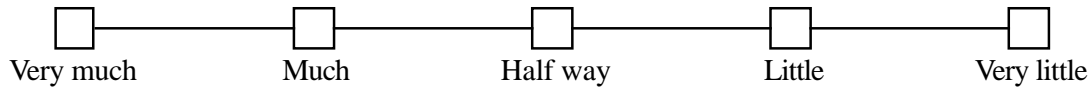
• *Please feel free to use this space for your personal thoughts concerning this aspect:*

16. Fear of Living Alone

Some people have enjoyed the experience of living alone. They do not associate this arrangement with anxiety. Others who have not lived by themselves feel anxiety at the thought of living alone. These are people who stay in a couple relationship even when they are unhappy. Their fear of living alone outweighs the unhappiness with the partner.

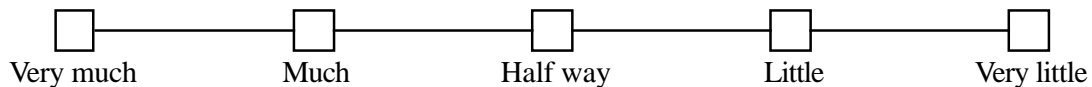
• *Please try to think about your first year of relationship now:*

During the first year, I was afraid of the thought of living by myself again ...

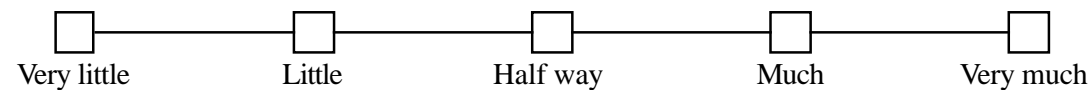


114

In my opinion, during the first year, my partner was afraid of living alone again ...

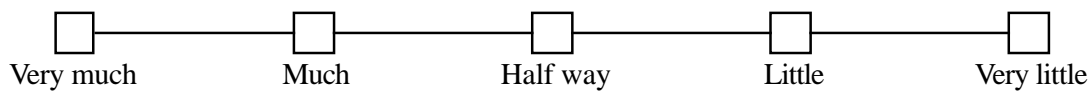


During the first year, I was concerned how important the fear of living alone in our relationship was ...



• *Please try to think about your most recent year of partnership now:*

During the last year, I was afraid of the thought of living by myself again ...



16. Fear of Living Alone (cont'd)

In my opinion, during the last year, my partner was afraid of living alone again ...

————— ————— ————— —————

Very much Much Half way Little Very little

118

During the last year, I was concerned how important the fear of living alone in our relationship was ...

————— ————— ————— —————

Very little Little Half way Much Very much

• *Please think about it now:*

I think that this aspect (**namely our fear of living alone**) had the following effect on the stability of our partnership ...

————— ————— ————— —————

Very stimulating Rather stimulating None Rather hindering Very hindering

• *Please feel free to use this space for your personal thoughts concerning this aspect:*

17. Financial Resource Management (cont'd)

In my opinion, during the last year, my partner felt connected to me because of our financial situation ...

_____ _____ _____ _____

Very much Much Half way Little Very little

125

During the last year, I was able to cope with the significance of our financial situation ...

_____ _____ _____ _____

Very well Well Half and half Poorly Very poorly

• Please think about it now:

I think that this aspect (**namely our financial resource management**) had the following effect on the stability of our partnership ...

_____ _____ _____ _____

Very stimulating Rather stimulating None Rather hindering Very hindering

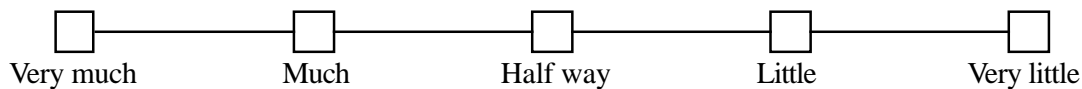
• Please feel free to use this space for your personal thoughts concerning this aspect:

18. Religion and Spirituality

Many couples connect through a shared spirituality or religion. For example, they feel safe in their religious community and are convinced that they are meant to be with each other because of their religious beliefs. This is frequently the case when couples met in a religious context and religion has been a major source of support for their couple relationship. Other couples disregard religion and spirituality as an important aspect of their relationship.

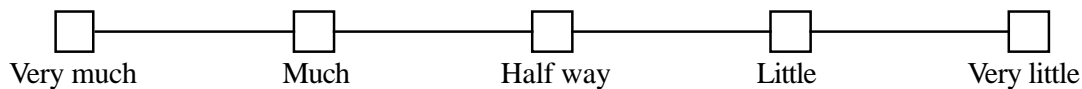
• *Please try to think about your first year of relationship now:*

During the first year, for me religious thoughts and feelings played an important role in our relationship ...

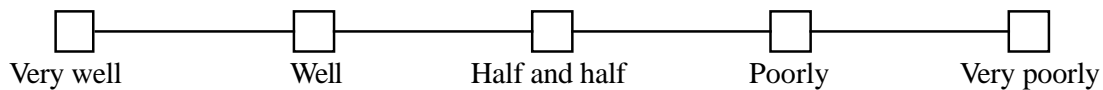


128

In my opinion, during the first year, for my partner religious thoughts and feelings played an important role in our relationship ...

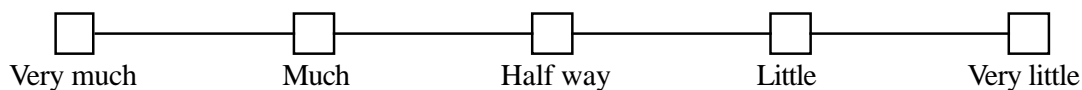


During the first year, I was able to cope with the significance religious thoughts and feelings had in our relationship ...



• *Please try to think about your most recent year of partnership now:*

During the last year, for me religious thoughts and feelings played an important role in our relationship ...



18. Religion and Spirituality (cont'd)

In my opinion, during the last year, for my partner religious thoughts and feelings played an important role in our relationship ...

_____ _____ _____ _____

Very much Much Half way Little Very little

132

During the last year, I was able to cope with the significance religious thoughts and feelings had in our relationship ...

_____ _____ _____ _____

Very well Well Half and half Poorly Very poorly

• *Please think about it now:*

I think that this aspect (**namely our religion and spirituality**) had the following effect on the stability of our partnership ...

_____ _____ _____ _____

Very stimulating Rather stimulating None Rather hindering Very hindering

• *Please feel free to use this space for your personal thoughts concerning this aspect:*

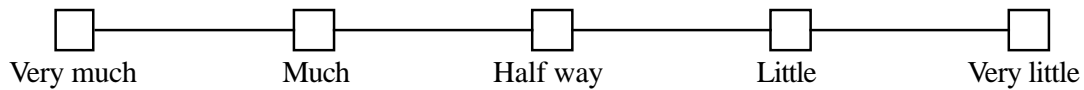
• *If you do not have any children, please continue with question 20a on page 40.*

19. Children

Children may have major positive and negative effects on a couple relationship. For example, raising children poses constant challenges across their various developmental stages that have to be renegotiated from time to time. In addition to daily child management issues, couples have to deal with issues such as when they relate as parents and when as partners, who feels closer to the children, whom the children prefer, etc.

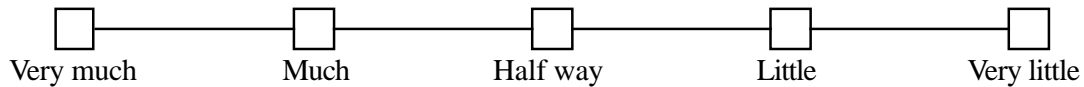
• *Please try to think about your first year of relationship now:*

During the first year, I felt burdened by the daily care of the children or my thoughts how it would be with future children ...

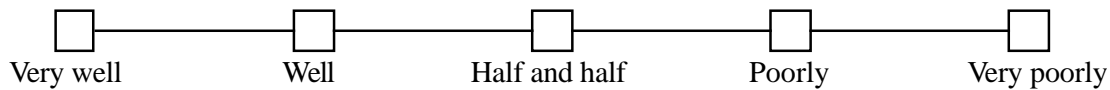


135

In my opinion, during the first year, my partner felt burdened by the daily care of the children or thoughts how it would be with future children ...

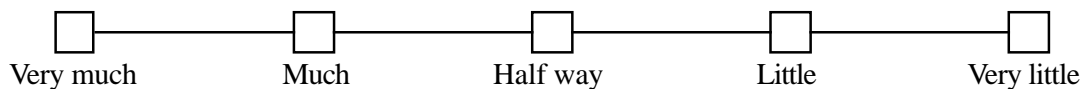


During the first year, I was able to cope with the daily care of the children or my thoughts how it would be with future children ...



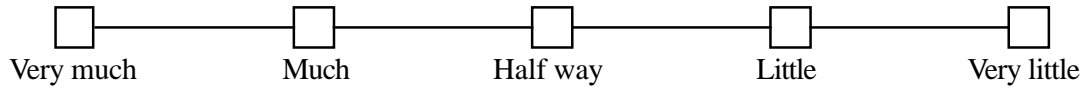
• *Please try to think about your most recent year of partnership now:*

During the last year, I felt burdened by the daily care of the children ...



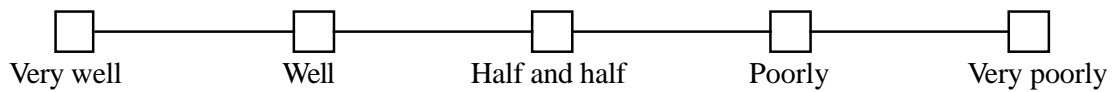
19. Children (cont'd)

In my opinion, during the last year, my partner felt burdened by the daily care of the children ...



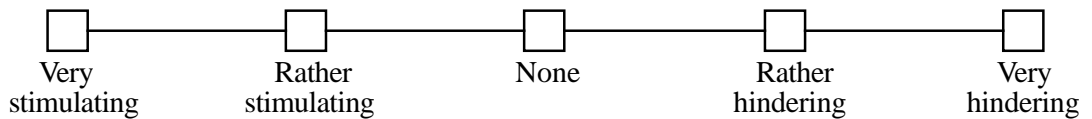
139

During the last year, I was able to cope with the daily care of the children ...



- *Please think about it now:*

I think that this aspect (**namely our children**) had the following effect on the stability of our partnership ...



- *Please feel free to use this space for your personal thoughts concerning this aspect:*

20a. Reasons for a Separation

During the course of their relationship, many couples think about what connects them to their partner and what challenges the relationship. Some couples experience an event that triggers thoughts of separation, others evaluate their relationship from time to time and come to the conclusion that separation may be an option. Below you will find a list of 19 areas that concern your relationship. Please identify three areas that you associate most closely with separation in the present or in the past. If you currently live in a committed relationship and do not consider separation, please identify three areas anyway that you would most closely associate with separation. If you are currently separated or divorced, please identify three areas that were most responsible for separating from your most recent partner.

-
01. Mutual exchange in conversation
 02. Shared and Individual Areas
 03. Housing Arrangements
 04. Family of Origin
 05. Assignment of Roles
 06. Individual Development within the Couple Relationship
 07. Loyalty and Support
 08. Sexual Relationship
 09. Sensuality and Affection
 10. Love
 11. Tenderness and Affection
 12. Extra Couple Sexual Relationships
 13. Identification with the Couple Relationship
 14. Partner Compatibility
 15. Obligations and Guilt Feelings
 16. Fear of Living Alone
 17. Financial Resource Management
 18. Religion and Spirituality
 19. Children
-

Please indicate the numbers of the 3 most important reasons **for** a separation in the corresponding fields:

most important
aspect

secondmost important
aspect

thirdmost important
aspect

142-147

20b. Reasons against a Separation

Below you will find the same list of relationship areas as in 20a. Please identify three areas that are most likely to challenge thoughts of separation in you current (if you live with a partner) or most recent relationship (if you are currently separated or divorced).

01. Mutual exchange in conversation
 02. Shared and Individual Areas
 03. Housing Arrangements
 04. Family of Origin
 05. Assignment of Roles
 06. Individual Development within the Couple Relationship
 07. Loyalty and Support
 08. Sexual Relationship
 09. Sensuality and Affection
 10. Love
 11. Tenderness and Affection
 12. Extra Couple Sexual Relationships
 13. Identification with the Couple Relationship
 14. Partner Compatibility
 15. Obligations and Guilt Feelings
 16. Fear of Living Alone
 17. Financial Resource Management
 18. Religion and Spirituality
 19. Children
-

Please indicate the numbers of the 3 most important reasons **against** a separation in the corresponding fields:

most important
aspect

secondmost important
aspect

thirdmost important
aspect

148-153

In conclusion, please answer the following questions about your background, your partner's background and your current life.

21. Personal Background

1. Year of birth.....

| | | | |
|---|---|--|--|
| 1 | 9 | | |
|---|---|--|--|

 154-157
2. Sex male 1 158
female 2
3. Race African American 1 159
Asian American 2
Caucasian (white) 3
Latino/Hispanic 4
Other: which? 5
4. Education (*please check highest degree only*)
- Some High School 160
High School Diploma/GED
Some College
Junior College/Technical College
Four Year College
Some Graduate School
Master's or Doctoral Degree 166
5. Current employment (*please check all that apply*)
- Full-time 167
Part-time
No paid work
Retired
Student
Full-time homemaker
Other 173

6. Relationship status single, never married 1 174
married 2
divorced 3
widowed 4

7. How many children do you have? 175
Age of your youngest child years
Age of your oldest child years

8. Current housing arrangements: Do you live alone? yes 1 180
no 2

if no, please check all that apply

with partner 181
with children
with parents/in-laws
with siblings
with room mates 185

If you live in a committed partnership, please continue with question 1 on page 44.

If you do NOT live in a committed partnership, please answer the following questions.

9. How long have you been separated from your partner? months 186-188

10. If you are divorced, for how long? months 189-191

22. Partner's Background and Relationship Background

1. Year of birth.....

| | | | |
|---|---|--|--|
| 1 | 9 | | |
|---|---|--|--|

 192-195

2. Sex male 1 196
female 2

3. Nationality (country of origin) USA 1 197
other 2
if other: which? 3

4. Length of relationship years

| | |
|--|--|
| | |
|--|--|

 198-199

5. Living arrangement during relationship
mostly alone 1 200
mostly together 2

6. Length of marriage years

| | |
|--|--|
| | |
|--|--|

 201-202

7. Have you ever seen a couple/marriage therapist with your partner?
yes 1 203
no 2

8. How happy or unhappy did you feel during the first year of living together?

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Very happy | Rather happy | Half and half | Rather unhappy | Very unhappy | 204 |

9. How happy or unhappy did you feel during the last year of living together?

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Very happy | Rather happy | Half and half | Rather unhappy | Very unhappy | 205 |

23. The Bradburn Scale on Well-being

Reference: Bradburn NM (1969) The structure of psychological well-being. Aldine Publishing, Chicago.

24. What do you think about the questionnaire?

Do you like it? Was it too complicated?

Was it rather easy or difficult to recall the first year of your relationship?

Do you think that the questionnaire asks about important aspects that keep couples together or did you miss something important?

Thank you for your collaboration!

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
|--|--|--|--|--|--|--|--|