

This Battery involves MORE instruments than you will want to use. Remember, this is THERAPEUTIC assessment, not assessment for the purpose of diagnosis, so select those that fit what you intend to treat.

Unfortunately, I don't have all the scoring instructions printed out and available in Word files. Sorry. The good news is that these are pretty straightforward and face valid instruments, so you can figure out the scoring. For the purposes of therapeutic assessment, you usually don't really need the norms and don't need precise administration instructions.

## Marriage Instruments

### Dyadic Adjustment Scale

There are several versions: full scale, 7-item, 4-item. Single-item

Here is the 7 item version:

Hunsley, J., Best, M., Lefebvre, M., & Vito, D. (2001). The seven-item short form of the Dyadic Adjustment Scale: Further evidence for construct validity. *American Journal of Family Therapy*, 29, 325–335. doi:10.1080/01926180126501

### DAS-7

1-3 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.

- 5=Always Agree
- 4=Almost Always Agree
- 3=Occasionally Disagree
- 2=Frequently Disagree
- 1=Almost Always Disagree
- 0=Always Disagree

(Circle one number for each item)

1. Philosophy of life	5	4	3	2	1	0
2. Aims, goals, and things believed important	5	4	3	2	1	0
3. Amount of time spent together.	5	4	3	2	1	0

4-6 How often would you say the following events occur between you and your mate?

- 0=Never
- 1=Less than once a month
- 2=Once or twice a month
- 3=Once or twice a week
- 4=Once a day

5=More often (than once a day)  
(Circle one number for each item)

4. Have a stimulating exchange of ideas	0	1	2	3	4	5
5. Calmly discuss something together	0	1	2	3	4	5
6. Work together on a project	0	1	2	3	4	5

7. The following represent different degrees of happiness in your relationship. The middle point, “happy,” represents the degree of happiness of most relationships. Please circle the degree of happiness, all things considered, in your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
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**Here is the reference for the 4-item version (really strong paper):**

Sabourin, Stéphane, Valois, Pierre, Lussier, Yvan. (2005). Development and validation of a brief version of the Dyadic Adjustment Scale with a nonparametric item analysis model. *Psychological Assessment, 17*(1), 15-27. doi: [10.1037/1040-3590.17.1.15](https://doi.org/10.1037/1040-3590.17.1.15)

Use these for the three first items

- 5 = Always agree
- 4 = Almost always agree
- 3 = Occasionally disagree
- 2 = Frequently disagree
- 1 = Almost always disagree
- 0 = Always disagree

16. **\*\***How often do you discuss or have you considered divorce, separation or terminating your relationship?      5   4   3   2   1   0

18. In general, how often do you think that things between you and your partner are going well?      5   4   3   2   1   0

19. Do you confide in your mate?      5   4   3   2   1   0

31. The choices below represent different degrees of happiness in your relationship. The middle point, “happy,” represents the degree of happiness of most relationships. Please circle the number that best describes the degree of happiness, all things considered, of your relationship.

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

**\*\*** Reverse this item

Here is the full version of the DAS, but you probably only have permission to use for research and not to charge for use with private couples:

## **DAS (Full Version, Spanier, 1976)**

Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 38, 15–28.

A. Most people have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item based on the following scale:

- 5 = Always agree
- 4 = Almost always agree
- 3 = Occasionally disagree
- 2 = Frequently disagree
- 1 = Almost always disagree
- 0 = Always disagree

1. Handling family finances	5	4	3	2	1	0
2. Matters of recreation	5	4	3	2	1	0
3. Religious matters	5	4	3	2	1	0
4. Demonstrations of affection	5	4	3	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	5	4	3	2	1	0
7. Conventionality (correct or proper behavior)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with parents or in-laws	5	4	3	2	1	0
10. Aims, goals, and things believed important	5	4	3	2	1	0
11. Amount of time spent together	5	4	3	2	1	0
12. Making major decisions	5	4	3	2	1	0
13. Household tasks	5	4	3	2	1	0
14. Leisure time interest and activities	5	4	3	2	1	0
15. Career decisions	5	4	3	2	1	0

B. PLEASE ANSWER QUESTIONS 16-22 BY CIRCLING THE NUMBER THAT BEST DESCRIBES YOU

- 0 = All the time
- 1 = Most of the time
- 2 = More often than not
- 3 = Occasionally
- 4 = Rarely

5 = Never

16. How often do you discuss or have you considered divorce, separation or terminating your relationship?	5	4	3	2	1	0
17. How often do you or your partner leave the house after a fight?	5	4	3	2	1	0
18. In general, how often do you think that things between you and your partner are going well?	5	4	3	2	1	0
19. Do you confide in your mate?	5	4	3	2	1	0
20. Do you ever regret that you married (or lived together or going together)?	5	4	3	2	1	0
21. How often do you and your partner quarrel?	5	4	3	2	1	0
22. How often do you and your partner "get on each other's nerves?"	5	4	3	2	1	0

C. Please answer the following questions

23. How often do you kiss your mate?

- 0 = Never
- 1 = Rarely
- 2 = Occasionally
- 3 = Almost Every Day
- 4 = Every Day

24. Do you and your partner engage in outside activities together?

- 0 = None of them
- 1 = Very few of them
- 2 = Some of them
- 3 = Most of them
- 4 = All of them

D. HOW OFTEN WOULD YOU SAY THE FOLLOWING EVENTS OCCUR BETWEEN YOU AND YOUR PARTNER?

- 0 = Never
- 1 = Less than once a month
- 2 = Once or twice a month
- 3 = Once or twice a week
- 4 = Once a day
- 5 = More often

25. Have a stimulating exchange of ideas	5	4	3	2	1	0
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26. Laugh together	5	4	3	2	1	0
27. Calmly discuss something	5	4	3	2	1	0
28. Work together on a project	5	4	3	2	1	0

E. There 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.

YES NO 29. Being too tired for sex

YES NO 30. Not showing love

G. PLEASE READ THE DIRECTIONS AND ANSWER THIS QUESTION

31. The choices below represent different degrees of happiness in your relationship. The middle point, “happy,” represents the degree of happiness of most relationships. Please circle the number that best describes the degree of happiness, all things considered, of your relationship.

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

H. PLEASE READ THE QUESTION AND ANSWER

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

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

Affectional expression subscale = items 4, 6, 29, 30

Cohesion subscale = items 24, 25, 26, 27, 28

Consensus subscale = items 1, 2, 3, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15

Satisfaction subscale = items 16, 17, 18, 19, 20, 21, 22, 23, 31, 32

Here is the 3-item Kansas Marital Satisfaction Scale, and a 4-item version of the Relationship Commitment Scale.

Schumm, W. R., Paff-Bergen, L. A., Hatch, R. C., Obiorah, F. C., Copeland, J. M., Meens, L. D., & Bugaihis, M. A. (1986). Concurrent and discriminant validity of the Kansas Marital Satisfaction Scale. *Journal of Marriage and the Family*, 48, 381-387.

**Reliability and validity of the Kansas Marital Satisfaction Scale with different response formats in a recent sample of U.S. Army personnel.**

By Schumm, Walter R.; Crock, Rosemary J.; Likcani, Adriatik; Akagi, Cynthia G.; Bosch, Kathy R. *Individual Differences Research*, Vol 6(1), Mar 2008, 26-37

**Relationship Satisfaction Questionnaire**

1. How satisfied are you with your marriage/relationship?

Extremely Dissatisfied	Very Dissatisfied	Somewhat Dissatisfied	Mixed or Uncertain	Somewhat Satisfied	Very Satisfied	Extremely Satisfied
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2. How satisfied are you with your relationship with your husband/wife/partner?

Extremely Dissatisfied	Very Dissatisfied	Somewhat Dissatisfied	Mixed or Uncertain	Somewhat Satisfied	Very Satisfied	Extremely Satisfied
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3. How satisfied are you with your husband/wife/partner as a spouse/partner?

Extremely Dissatisfied	Very Dissatisfied	Somewhat Dissatisfied	Mixed or Uncertain	Somewhat Satisfied	Very Satisfied	Extremely Satisfied
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To score: code Extremely dissatisfied =1, very dissatisfied =2... extremely satisfied = 7. Then add up the three questions for a total score on relationship satisfaction.

(In the journal, it says explicitly, permission is not required.)

**Relationship Commitment**

**Describing my Relationship with my Friend/Partner (Rusbult et al., 1998)**

1) I want our relationship to last a very long time. (please circle a number)

0	1	2	3	4	5	6	7	8
Do Not Agree At All				Agree Somewhat				Agree Completely

2) I am committed to maintaining my relationship with my partner.

0	1	2	3	4	5	6	7	8
Do Not Agree At All				Agree Somewhat				Agree Completely

3) I would feel very upset if our relationship were to end in the near future.

0	1	2	3	4	5	6	7	8
Do Not Agree At All				Agree Somewhat				Agree Completely

4) I feel very attached to our relationship – very strongly linked to my partner.

0 1 2 3 4 5 6 7 8  
 Do Not Agree At All Agree Somewhat Agree Completely

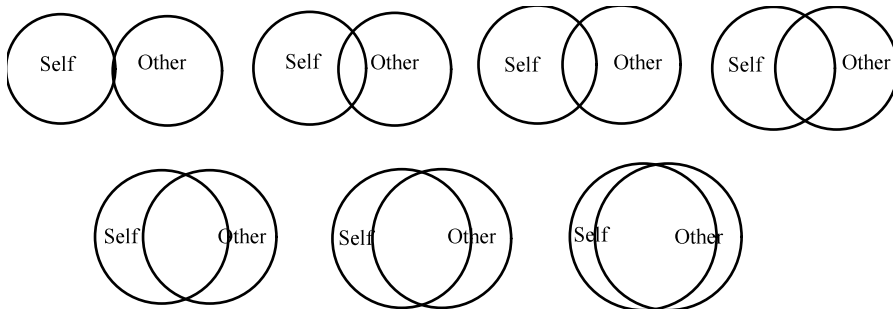
5) I want our relationship to last forever.

0 1 2 3 4 5 6 7 8  
 Do Not Agree At All Agree Somewhat Agree Completely

6) I am oriented toward the long-term future of my relationship (for example, I imagine being with my partner several years from now).

0 1 2 3 4 5 6 7 8  
 Do Not Agree At All Agree Somewhat Agree Completely

7) Please circle the picture below that best describes your relationship (self = you; other = your romantic partner):



Rusbult, C. E., Martz, J. M., & Agnew, C. R. (1998). The Investment Model Scale: Measuring commitment level, satisfaction level, quality of alternatives, and investment size. *Personal Relationships*, 5, 357-391.

**Rating of Your Relationship (Couple Rating of Relationship Elements—CARE)  
 (Worthington et al., 1997)**

Please rate the quality of your relationship on seven dimensions below and the overall rating by circling the rating that best applies to your relationship at the present time.

- NOTWORS = Couldn't be worse
- TERRIBL = Terrible
- BAD = Bad
- NBADNGD = Not Bad, Not Good
- GOOD = Good
- GREAT = Great
- NOTBETR = Couldn't Be Better

Intimacy	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Communication	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Resolving Differences	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Freedom from Blaming My Partner When Things Go Poorly	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Willingness to Admit To My Partner When I Have Hurt Him or Her and To Ask for Forgiveness	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Ability to Forgive My Partner When He or She Has Hurt Me	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Commitment to My Partner for the Long-Term	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR
Overall Rating of the Relationship	NOTWORS	TERRIBL	BAD	NBADNGD	GOOD	GREAT	NOTBETR

Worthington, E.L., Jr., Hight, T.L., Ripley, J. S., Perrone, K.M., Kurusu, T.A., & Jones, D.R. (1997). Strategic hope-focused relationship-enrichment counseling with individual couples. *Journal of Counseling Psychology, 44*, 381-389.

Couple Assessment of Relationship Elements (CARE). We measured the quality of relationships directly in seven specific aspects of relationships theorized to be associated with relationship quality (Worthington, 1990, 1991, 1994). Using the CARE, each partner rated the relationship three times (pre-treatment, post-treatment, and at follow-up) on seven seven-point Likert-like items: from 1 = couldn't be worse to 4 = not bad, not good to 7 = couldn't be better. The relationship was rated on (a) communication, (b) resolution of differences, (c) freedom of blaming the partner when things go wrong, (d) willingness to admit to the partner when having hurt the partner and to ask for forgiveness, (e) ability to forgive the partner after a hurt, (f) intimacy, and (g) commitment to the partner for the long term.

To examine the psychometric properties of the CARE, we distributed 200 packets of questionnaires to individuals in Introductory Psychology who were involved in an ongoing heterosexual



relationship. Each packet contained questionnaires for the student and his or her partner (only four of which were also in the class), both of whom had to complete the surveys to be eligible for inclusion. Of 200 potential participant couples, 121 couples ( $N = 242$ ) returned usable questionnaires (60.5 percent return rate), which we called the validation sample. Of the 121 couples, 14 (12 percent) were married (mean duration = 10.6 years); 13 cohabiting and engaged; 14 cohabiting but not engaged; and 15 engaged but not cohabiting; 62 had dated longer than 3 months; and 3 did not complete the item. The mean age of the validation sample was 22.0 years (range 16-69). Of the 242 participants, 144 (60 percent) were Caucasian; 65 (27 percent) were African American; 15 were Asian; 6 were Latino/Latina; 12 listed other or left the item blank. We split the validation sample through random assignment to halves. On the first half, we conducted an exploratory factor analysis using principal-axis factoring and extracted two factors. For an item to be retained, it had to have a factor loading greater than .5 and be at least .15 greater than the factor loading on the other factor. The first factor was composed of five items (communication, resolution of differences, freedom of blaming, seeking forgiveness, granting forgiveness). The Eigen value was 3.76; it accounted for 54 percent of the variance. We named this Quality of Couple Skills. The second factor (intimacy, commitment) had an Eigen value of 1.13 and accounted for 16 percent of the variance; we named it Quality of Global Attraction. Means, standard deviations, factor loadings, and communalities are reported in Table 1.

To test the stability of the factor structure, we did a confirmatory factor analysis using the other half of the data. We tested a one-factor model against a two-factor model using the Chi-square difference test (Byrne, 1994; Hoyle & Panter, 1995). (In the Chi-square difference test, differences between nested models can be evaluated by subtracting the  $\chi^2$  of each model and testing it on a Chi-square distribution with degrees of freedom equal to the difference in degrees of freedom between the two models.) The two-factor model fit the data with a comparative fit index (CFI; Bentler, 1990) of .96 and a  $\chi^2(13, N = 120) = 27.4, p < .02$ . The one-factor model also fit the data with a CFI of .92 and a  $\chi^2(14, N = 120) = 39.6, p < .001$ . The difference in Chi square was significant,  $\chi^2(1) = 12.2, p < .001$ , which suggested that the two-factor model fit the data better than did the one-factor model. To further test the stability of the two-factor solution, we repeated the confirmatory factor analysis on the sample of 51 couples for the present study (called the study sample). The two-factor model fit the data with a CFI of .89 and a  $\chi^2(13, N = 102) =$

42.4,  $p < .001$ . The one-factor model did not fit the data well, with a CFI of .84 and a  $\chi^2(14, N = 102) = 54.7$ ,  $p < .001$ . The difference in Chi square was also significant,  $\chi^2(1) = 12.3$ ,  $p < .001$ , which again suggested that the two-factor model fit the data better than did the one-factor model.

For subsequent reliability and validity analyses, we collapsed the two halves of the validation sample into a single data set ( $N = 242$ ). To provide estimates of reliability for the CARE, we computed coefficient alphas for each factor for the validation sample, and we computed a second mean alpha by summing across the three times the study sample was tested (pre-treatment, post-treatment, and follow-up). For Quality of Couple Skills, the estimates of internal consistency were .86 (for the validation sample) and .87 (for the study sample). For Quality of Global Attraction, the estimates of internal consistency were .64 and .74, respectively. The factors demonstrated acceptable internal consistency.

To provide construct validity for the CARE within the validation sample, we examined correlations between each factor of the CARE and constructs that we expected to be more or less correlated with each factor (see Table 2). For instance, we expected the DAS to be a strong criterion for convergent validity for Quality of Couple Skills and to be a less strong criterion for convergent validity for Quality of Global Attraction. Quality of Couple Skills and DAS were correlated .67, and Quality of Global Attraction and DAS were correlated .61. There was a difference between magnitudes of the dependent correlations,  $z = 1.65$ ,  $p = .05$ , (see Meng, Rosenthal, & Rubin, 1991.) We concluded that both factors were substantially related to couple adjustment, though to different degrees.

To provide discriminant validity for Quality of Couple Skills and convergent validity for Quality of Global Attraction, we correlated both factors with three measures of Commitment--one single-item measure by Beach and Broderick (1983); a 41-item measure of commitment due to constraint by Stanley and Markman (1992), a 14-item subscale for commitment due to dedication (Stanley & Markman, 1992)--and with perceived sexual intimacy from the Personal Assessment of Intimacy in Relationships (PAIR; Schaefer & Olson, 1981). On all criterion variables, we expected that Quality of Couple Skills would be less highly correlated than would Quality of Global Attraction. Quality of Couple Skills was correlated .31 with the single item of commitment, while Quality of Global Attraction was correlated .65 with it,  $z = 6.67$ ,  $p = .0001$ . Quality of Couple Skills was correlated .20 with commitment constraint, while Quality of Global Attraction was correlated .41 with it,  $z = 3.45$ ,  $p = .001$ . Quality of Couple Skills was correlated .38

with commitment dedication, while Quality of Global Attraction was correlated .58 with it,  $z = 3.73$ ,  $p = .001$ . Quality of Couple Skills was correlated .24 with sexual intimacy on the PAIR; Quality of Global Attraction was correlated .52 with sexual intimacy on the PAIR,  $z = 4.75$ ,  $p = .0001$ .

To provide discriminant validity for both factors, each was correlated with Snyder et al.'s (1991) trait hope scale and Snyder et al.'s (1996) state hope scale. Quality of Couple Skills was correlated .32 with trait hope and .38 with state hope. Quality of Global Attraction was correlated .18 with trait hope and .23 with state hope. Correlations were significant but low. We concluded that the two factors of the CARE were internally reliable and were valid measures of Quality of Couple Skills and Quality of Global Attraction. Items on each subscale of the CARE were summed to create subscale scores, which were used as two of the dependent variables within the study.

Table 1  
Factor Loadings, Means, Standard Deviations, and Communalities for Each Item in the Couple Assessment of Relationship Elements (CARE)

<u>h<sup>2a</sup></u>	Item	<u>Component Loadings</u>		<u>Item</u>	<u>SD</u>
		1	2	<u>M</u>	
3. .76	Resolving Differences	<b>.82</b>	.30	5.18	1.07
4. .66	Freedom from Blaming My Partner when Things Go Poorly	<b>.81</b>	.01	5.03	1.33
6. .69	Ability to Forgive My Partner When He or She has Hurt Me	<b>.65</b>	.42	5.50	1.12
2. .48	Communication	<b>.61</b>	.32	5.28	1.01
5. .50	Willingness to Admit to My Partner When I have Hurt Him or Her and to Ask for Forgiveness	<b>.61</b>	.35	5.34	1.28

1. Intimacy .46	.22	<b>.76</b>	5.64	1.11
7. Commitment to My Partner for the Long-Term .62	.17	<b>.66</b>	6.38	0.94

Note. Values in boldface type are component loadings at or above the criteria for selection. Component loadings: 1 = Quality of Couples Skills; 2 =

Quality of Global Attraction.

<sup>a</sup>h<sup>2</sup> is the communality, which is the variance an item shares with other items in the factor.

Table 2

Correlations of the Two Subscales of the CARE (Quality of Couple Skills; Quality of Global Attraction) with a Variety of Measures of Convergent and Discriminant Validity for the Validation Sample

Variable	1	2	3	4	5	6	7	8	9
1. Quality of Couple Skills <sup>a</sup>	--								
2. Quality of Global Attraction <sup>a</sup>	.43*	--							
3. Dyadic Adjustment <sup>b</sup>	.67*	.61*	--						
4. Single-Item Commitment <sup>c</sup>	.31*	.65*	.43*	--					
5. Commitment--Constraint <sup>d</sup>	.20	.41*	.31*	.43*	--				
6. Commitment--Dedication <sup>d</sup>	.38*	.58*	.52*	.58*	.49*	--			

7. Sexual Intimacy <sup>c</sup>	24*	52*	44*	29*	21	38*	--		
8. Trait Hope <sup>f</sup>		32*	18	38*	10	-01	27*	06	--
9. State Hope <sup>g</sup>	38*	23*	41*	14	01	32*	07	92*	--

Note. Decimal points are omitted.

<sup>a</sup>Couple Assessment of Relationship Elements (CARE)

<sup>b</sup>Dyadic Adjustment Scale (Spanier, 1976)

<sup>c</sup>Beach and Broderick (1983)

<sup>d</sup>Scales on the Commitment Inventory (Stanley & Markman, 1992)

<sup>e</sup>Perceived Sexual Intimacy Scale (Schaefer & Olson, 1981)

<sup>f</sup>Hope Scale (Snyder et al., 1991)

<sup>g</sup>State Hope Scale (Snyder et al., 1996)

\*p < .0001

## Intimacy Thermometers (Worthington, 1999, later 2005)

**You can simply draw five vertical lines and number along them from the bottom (0) in ten unit increments to the top (100). Tell partners that these represent their ratings of how intimate (1) they would like the relationship to be ideally and (2) their actual rating of how they think the relationship is at present.**

**Label the thermometers: Sexual Intimacy, Emotional Intimacy, Social Intimacy, Intellectual Intimacy, and Recreational Intimacy.**

Worthington, E. L., Jr. (2005). *Hope-focused marriage counseling: A guide to brief therapy, rev. ed.* Downers Grove, IL: InterVarsity Press.

Worthington, E. L., Jr. (1999). *Hope-focused marriage counseling: A guide to brief therapy.* Downers Grove, IL: InterVarsity Press.

### Communication with Partner

Circle the words that describe my communication with my partner.

	Item					
1	I listen attentively when I feel that my partner is speaking to me.	Almost Always	Often	Sometimes	Rarely	Almost Never
2	I feel that my partner listens attentively when I speak.	Almost Always	Often	Sometimes	Rarely	Almost Never

3	I feel that my partner understands what I communicate.	Almost Always	Often	Sometimes	Rarely	Almost Never
4	I feel that I understand what my partner communicates.	Almost Always	Often	Sometimes	Rarely	Almost Never
5	I am comfortable about asking my partner to do things for me.	Almost Always	Often	Sometimes	Rarely	Almost Never
6	I feel that my partner often asks me to do various things.	Almost Always	Often	Sometimes	Rarely	Almost Never
7	I express appreciation for the things my partner does for me in response to my requests.	Almost Always	Often	Sometimes	Rarely	Almost Never
8	My partner expresses appreciation for the things I do in response to his/her requests.	Almost Always	Often	Sometimes	Rarely	Almost Never
9	I feel that my partner tells me too many negative things about myself or our relationship.	Almost Always	Often	Sometimes	Rarely	Almost Never
10	I feel that I tell my partner too many negative things about him/her/it or our relationship.	Almost Always	Often	Sometimes	Rarely	Almost Never
11	I am comfortable expressing disagreement with things my partner says or does.	Almost Always	Often	Sometimes	Rarely	Almost Never
12	I respond constructively when my partner disagrees with things I say or do.	Almost Always	Often	Sometimes	Rarely	Almost Never
13	I enjoy just sitting and talking with my partner.	Almost Always	Often	Sometimes	Rarely	Almost Never

From:

Stuart, R. B. (1983). *Couples Precounseling Inventory*. Champaign, IL: Research Press.

**Reverse items: 9 and 10**

# Measure of Religious Commitment

## RCI-10

**Instructions:** Read each of the following statements. Using the scale to the right, CIRCLE the response that best describes how true each statement is for you.

	Not at all true of me 1	Somewhat true of me 2	Moderately true of me 3	Mostly true of me 4	Totally true of me 5
1. I often read books and magazines about my faith.	1	2	3	4	5
2. I make financial contributions to my religious organization.	1	2	3	4	5
3. I spend time trying to grow in understanding of my faith.	1	2	3	4	5
4. Religion is especially important to me because it answers many questions about the meaning of life.	1	2	3	4	5
5. My religious beliefs lie behind my whole approach to life.	1	2	3	4	5
6. I enjoy spending time with others of my religious affiliation.	1	2	3	4	5
7. Religious beliefs influence all my dealings in life.	1	2	3	4	5
8. It is important to me to spend periods of time in private religious thought and reflection.	1	2	3	4	5
9. I enjoy working in the activities of my religious affiliation.	1	2	3	4	5
10. I keep well informed about my local religious group and have some influence in its decisions.	1	2	3	4	5

Worthington, E.L., Jr., Wade, N.G., Hight, T.L., Ripley, J.S., McCullough, M.E., Berry, J.W., Schmitt, M.M., Berry, J.T., Bursley, K.H., & O'Connor, L. (2003). The Religious Commitment Inventory-10: Development, refinement, and validation of a brief scale for research and counseling. *Journal of Counseling Psychology, 50*, 84-96.

**Worthington, E. L., Jr., Wade, N. G., Hight, T. L., Ripley, J. S., McCullough, M. E., Berry, J. W., Schmitt, M. M., Berry, J. T., Bursley, K. H., & O'Conner, L. (2003). The religious commitment inventory-10: Development, refinement, and validation of a brief scale for research and counseling. *Journal of Counseling Psychology, 50*, 84-96.**

### RCI-10 “Scoring Manual”

There is no scoring manual. The scoring is straightforward. Add the scores on each item. If you want to use the two subscale scores separately (Items 1, 3, 4, 5, 7, and 8 make up the Intrapersonal Religious Commitment subscale; items 2, 6, 9, and 10 make up the Interpersonal Religious Commitment subscale), add the items on each subscale. (No reverse scoring is needed.) I described the norms in the 2003 J Counseling Psych article. I copied some sections below.

Ev

In the present article, we have presented evidence of the reliability and validity of the scores on the RCI-10. Evidence has considered (a) secular university students, (b) university students from explicitly Christian colleges (c) adults from the community, (d) single and married people, (e) Christians, Buddhists, Muslims, Hindus, and people who respond none to their religious preference, and (f) therapists and clients at secular and explicitly Christian counseling agencies. Many criteria of validity have been employed and tell a relatively consistent story suggesting various types of validity of scores on the RCI-10 and its two subscales. **We reported validity evidence for the full-scale RCI-10 scores and both subscale scores. There is limited evidence that scores on each of the subscales are valid and measure somewhat different constructs. However, the scales are very highly inter-correlated, so for use in the clinic and in research, we cannot (at this time) advocate using subscale scores.**

## Forgiveness

### TFS

**Directions: Indicate the degree to which you agree or disagree with each statement below by using the following scale:**

- 5 = Strongly Agree
- 4 = Mildly Agree
- 3 = Agree and Disagree Equally
- 2 = Mildly Disagree
- 1 = Strongly Disagree

- \_\_\_\_\_ 1. People close to me probably think I hold a grudge too long.
- \_\_\_\_\_ 2. I can forgive a friend for almost anything.
- \_\_\_\_\_ 3. If someone treats me badly, I treat him or her the same.
- \_\_\_\_\_ 4. I try to forgive others even when they don't feel guilty for what they did.
- \_\_\_\_\_ 5. I can usually forgive and forget an insult.
- \_\_\_\_\_ 6. I feel bitter about many of my relationships.
- \_\_\_\_\_ 7. Even after I forgive someone, things often come back to me that I resent.
- \_\_\_\_\_ 8. There are some things for which I could never forgive even a loved one.
- \_\_\_\_\_ 9. I have always forgiven those who have hurt me.
- \_\_\_\_\_ 10. I am a forgiving person.

Berry, J. W., Worthington, E. L., O'Connor, L. E., Parrott, L. III, & Wade, N. G. (2005). Forgiveness, vengeful rumination, and affective traits. *Journal of Personality*, 73, 1-43.

### Identify a Particular Hurt or Offense

Please someone who has deeply hurt or offended you. Without writing the name, write yourself a brief description of what the person did to hurt or offend you. (Note: if the person has done many things, it is important to recall one *specific* event on which you focus.) Write a short description below to remind yourself of the event.





**DIRECTIONS:** For the following questions, please indicate what you imagine your **current thoughts and feelings** would be about the person who wounded you. Use the following scale to indicate your agreement or disagreement with each of the statements.

1 = strongly disagree

2 = mildly disagree

3 = agree and disagree equally

4 = mildly agree

5 = strongly agree

1. \_\_\_ I'll make him or her pay.
2. \_\_\_ I wish that something bad would happen to him/her.
3. \_\_\_ I want him-her to get what he/she deserves.
4. \_\_\_ I'm going to get even.
5. \_\_\_ I want to see him/her hurt and miserable.
6. \_\_\_ I'd keep as much distance between us as possible.
7. \_\_\_ I'd live as if he/she doesn't exist, isn't around.
8. \_\_\_ I wouldn't trust him/her.
9. \_\_\_ I'd find it difficult to act warmly toward him/her.
10. \_\_\_ I'd avoid him/her.
11. \_\_\_ I'd cut off the relationship with him/her.
12. \_\_\_ I'd withdraw from him/her.
13. \_\_\_ I looked for the source of the problem and tried to correct it.
14. \_\_\_ I took steps toward reconciliation: wrote him/her, called him/her, expressed love, showed concern, etc.
15. \_\_\_ I made an effort to be more friendly and concerned.
16. \_\_\_ I did my best to put aside the mistrust.
17. \_\_\_ I tried to make amends.
18. \_\_\_ I was willing to forget the past and concentrate on the present.
19. \_\_\_ Even though his/her actions hurt me, I still have goodwill for him/her.
20. \_\_\_ I want us to bury the hatchet and move forward with our relationship.
21. \_\_\_ Despite what he/she did, I want us to have a positive relationship again.
22. \_\_\_ I have given up my hurt and resentment.
23. \_\_\_ Although he/she hurt me, I put the hurts aside so we could resume our relationship.
24. \_\_\_ I forgive him/her for what he/she did to me.
25. \_\_\_ **I have released my anger so I could work on restoring our relationship to health.**

McCullough, M. E., Rachal, K. C., Sandage, S. J., Worthington, E. L., Jr., Brown, S. W., & Hight, T. L. (1998). Interpersonal forgiving in close relationships II: Theoretical elaboration and measurement. *Journal of Personality and Social Psychology*, *75*, 1586-1603.

TRIM-B:

**Decision to Forgive Scale (Davis et al., 2015)**

Rate your agreement with each of the items using 5-point ratings ranging from 1 = *strongly disagree* to 5 = *strongly agree*.

	Strongly Disagree (SD)	Disagree (D)	Neutral (N)	Agree (A)	Strongly Agree (SA)

1. I have decided to forgive him or her.	SD	D	N	A	SA
2. I made a commitment to forgive him or her.	SD	D	N	A	SA
3. I have made up my mind to forgive him or her.	SD	D	N	A	SA
4. My choice is to forgive him or her.	SD	D	N	A	SA
5. My choice is to release any negative feelings I have.	SD	D	N	A	SA
6. I have chosen not to intentionally harbor resentment towards him or her.	SD	D	N	A	SA

Norms across Studies 1-3 by Race

	Black			Asian			Latino/a			White		
	N	M	SD	N	M	SD	N	M	SD	N	M	SD
Decision to Forgive	38	19.71	4.9	9	17.16	5.9	4	19.81 <sup>a</sup>	4.9	24	18.73	5.9
	1	<sup>a</sup>	8	6	<sup>b</sup>	6	7	<sup>b</sup>	4	0	<sup>a</sup>	9

Note. Different subscripts indicate that means were different from each other using a Bonferonni post hoc test at  $p < .05$ .

Davis, D. E., Hook, J. N., Van Tongeren, D. R., DeBlaere, C., Rice, K. G., & Worthington, E. L., Jr. (2015). Making a decision to forgive. *Journal of Counseling Psychology*, 62(2), 280-288.

**DFS**

**Think of your current intentions toward the person who hurt you. Indicate the degree to which you agree or disagree with the following statements.**

	Strongly Disagree (SD)	Disagree (D)	Neutral (N)	Agree (A)	Strongly Agree (SA)
1. I intend to try to hurt him or her in the same way he or she hurt me.	SD	D	N	A	SA
2. I will not try to help him or her if he or she needs something.	SD	D	N	A	SA
3. If I see him or her, I will act friendly.	SD	D	N	A	SA
4. I will try to get back at him or her.	SD	D	N	A	SA
5. I will try to act toward him or her in the same way I did before he or she hurt me.	SD	D	N	A	SA
6. If there is an opportunity to get back at him or her, I will take it.	SD	D	N	A	SA
7. I will not talk with him or her.	SD	D	N	A	SA
8. I will not seek revenge upon him or her.	SD	D	N	A	SA

**EFS**

**Think of your current emotions toward the person who hurt you. Indicate the degree to which you agree or disagree with the following statements.**

	Strongly Disagree (SD)	Disagree (D)	Neutral (N)	Agree (A)	Strongly Agree (SA)
1. I care about him or her.	SD	D	N	A	SA
2. I no longer feel upset when I think of him or her.	SD	D	N	A	SA
3. I'm bitter about what he or she did to me.	SD	D	N	A	SA
4. I feel sympathy toward him or her.	SD	D	N	A	SA
5. I'm mad about what happened.	SD	D	N	A	SA
6. I like him or her.	SD	D	N	A	SA
7. I resent what he or she did to me.	SD	D	N	A	SA
8. I feel love toward him or her.	SD	D	N	A	SA

Worthington, E.L., Jr., Hook, J.N., Utsey, S.O., Williams, J.K., & Neil, R.L. (2007, October). *Decisional and emotional forgiveness*. Paper presented at the Positive Psychology Summit, Washington, DC, October 5, 2007.

**RFS (Rye et al., 2005)**

**Think of how you have responded to the person who has wronged or mistreated you. Indicate the degree to which you agree or disagree with the following statements.**

	Strong Agree (SA)	Agree (A)	Neutral (N)	Disagree (D)	Strong Disagree (SD)
1. I can't stop thinking about how I was wronged by this person.	SA	A	N	D	SD
2. I wish for good things to happen to the person who wronged me.	SA	A	N	D	SD
3. I spend time thinking about ways to get back at the person who wronged me.	SA	A	N	D	SD
4. I feel resentful toward the person who wronged me.	SA	A	N	D	SD
5. I avoid certain people and/or places because they remind me of the person who wronged me.	SA	A	N	D	SD
6. I pray for the person who wronged me.	SA	A	N	D	SD
7. If I encountered the person who wronged me I would feel at peace.	SA	A	N	D	SD
8. This person's wrongful actions have kept me from enjoying life.	SA	A	N	D	SD

