

**HOW TO IMPROVE YOUR MARRIAGE WITHOUT  
TALKING ABOUT IT**

**BY PATRICIA LOVE, ED.D., AND STEVEN STOSNY, PH.D.**

## FID Index (Fear, Isolation, Deprivation)

### A SURVEY FOR WOMEN

*Answer "true" or "false"*

1. I have been separated from someone I love at some time in my life. \_\_\_\_\_
2. I have experienced the death of a significant person in my life. \_\_\_\_\_
3. I have experienced the death of more than one important person. \_\_\_\_\_
4. More than one parent/grandparent died before I was twenty-one. \_\_\_\_\_
5. I had a close family member who died suddenly. \_\_\_\_\_
6. I have had periods in my life when I felt insecure. \_\_\_\_\_
7. I grew up with little or no contact with my biological mother. \_\_\_\_\_
8. I grew up with little or no contact with my biological father. \_\_\_\_\_
9. My parents were divorced. \_\_\_\_\_
10. I was separated from one or both of my parents before age eighteen. \_\_\_\_\_
11. I have lived with a physically or mentally ill parent. \_\_\_\_\_
12. I have lived with someone who was addicted to alcohol or drugs. \_\_\_\_\_
13. At times growing up, I felt like more of an adult than my parents. \_\_\_\_\_
14. I had to be responsible for myself at a very early age. \_\_\_\_\_
15. My parents were so busy it was hard to get their time and attention. \_\_\_\_\_
16. I have experienced times when food, clothing, and/or shelter were scarce. \_\_\_\_\_
17. I grew up in poverty or limited financial security. \_\_\_\_\_
18. I grew up feeling like I never got enough time and attention. \_\_\_\_\_
19. More than once growing up, I didn't fit in socially. \_\_\_\_\_

20. I have lived with a perfectionist. \_\_\_\_\_
21. I am a perfectionist. \_\_\_\_\_
22. I have lived with a preoccupied, depressed, or anxious person. \_\_\_\_\_
23. I have lived in an unsafe environment or with an untrustworthy person. \_\_\_\_\_
24. I have lived with a very controlling person. \_\_\_\_\_
25. I have lived with someone prone to angry outbursts and/or rage. \_\_\_\_\_
26. I have seen people I love be threatened with anger and/or criticism. \_\_\_\_\_
27. I have lived with physical violence. \_\_\_\_\_
28. I have seen someone I love get threatened. \_\_\_\_\_
29. I have been betrayed by someone I love. \_\_\_\_\_
30. I have experienced sexual abuse, directly or indirectly. \_\_\_\_\_
31. Feeling left out is familiar to me. \_\_\_\_\_
32. My life has had many ups and downs. \_\_\_\_\_
33. It seems like others get more attention than I. \_\_\_\_\_
34. I compare myself to others. \_\_\_\_\_
35. I feel inadequate. \_\_\_\_\_
36. I tend to question my own capability. \_\_\_\_\_
37. I am critical of others. \_\_\_\_\_
38. I am critical of myself. \_\_\_\_\_
39. I never know when my mood is going to change. \_\_\_\_\_
40. I have been told that I am reactive (people never know when I am going to be critical, angry, or anxious, or when I will threaten to leave). \_\_\_\_\_
- Total of "true" answers* \_\_\_\_\_

Circle the number of the five most significant statements to which you answered "true." Weight each on a scale of 1 to 10, with 10 representing "very significant" in

terms of stress, intensity, or trauma and 1 being “not very significant” in terms of stress, intensity, or trauma. Add these scores to a total score below. (Example: If you circled number 27, “I have lived with physical violence,” you would rate the trauma of that event on a scale of 1 to 10, with 10 being “very traumatic.”)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*Total of 1 through 5* \_\_\_\_\_

*Total of “true” answers* \_\_\_\_\_

*Overall total (out of a possible 90)* \_\_\_\_\_

## SIF Index (Shame, Inadequacy, Failure)

### A SURVEY FOR MEN

*Answer "true" or "false"*

1. I grew up with little or no contact with my biological mother. \_\_\_\_\_
2. I grew up with little or no contact with my biological father. \_\_\_\_\_
3. My parents were divorced. \_\_\_\_\_
4. I felt responsible for another person (emotionally or physically) when I was very young. \_\_\_\_\_
5. I grew up with a significant caretaker who was unhappy. \_\_\_\_\_
6. I have seen someone I love go through a period of unhappiness. \_\_\_\_\_
7. There was a time when I wanted to protect my loved one(s) but could not. \_\_\_\_\_
8. I remember feeling powerless at a young age. \_\_\_\_\_
9. I felt I had to be strong growing up. \_\_\_\_\_
10. It was hard to measure up to expectations as I got older. \_\_\_\_\_
11. There have been times in my life when I felt I had to make up for others' inadequacies. \_\_\_\_\_
12. I have lived with a lot of criticism. \_\_\_\_\_
13. I have lived with one or more angry persons. \_\_\_\_\_
14. I had one or more family members with very high expectations of me. \_\_\_\_\_
15. There were aspects of my family I didn't want others to know about. \_\_\_\_\_
16. I have lived with a perfectionist. \_\_\_\_\_
17. I am a perfectionist. \_\_\_\_\_
18. I have been through a period of distress with my career at some time. \_\_\_\_\_
19. I have lost an important job. \_\_\_\_\_
20. I have had an abrupt change in an important job at one time. \_\_\_\_\_

21. My attitude has been cited as a problem in one or more jobs. \_\_\_\_\_
22. I have had a significant disappointment in one or more jobs. \_\_\_\_\_
23. I am underutilized in my present job. \_\_\_\_\_
24. I'd feel better if I made more money. \_\_\_\_\_
25. There are ways I'd like to help people I love, but money prevents it. \_\_\_\_\_
26. I wish I had more power and influence. \_\_\_\_\_
27. I have lived with violence in my life. \_\_\_\_\_
28. I have lived with sexual abuse, direct or indirect. \_\_\_\_\_
29. I have a problem with anger. \_\_\_\_\_
30. Other people think I have a problem with anger. \_\_\_\_\_
31. I had a parent or grandparent who was anxious or depressed. \_\_\_\_\_
32. I know I have hurt some of the important people in my life. \_\_\_\_\_
33. I have been in an unhappy relationship. \_\_\_\_\_
34. I have lived with an unhappy partner. \_\_\_\_\_
35. I have lived with a partner who had problems I could not resolve. \_\_\_\_\_
36. I feel inadequate in my relationship(s). \_\_\_\_\_
37. My partner is unhappy with me. \_\_\_\_\_
38. I just can't seem to do enough. \_\_\_\_\_
39. I am anxious/depressed or have been told I'm anxious/depressed. \_\_\_\_\_
40. At times I feel hopeless when it comes to making my partner happy. \_\_\_\_\_
- Total of "true" answers* \_\_\_\_\_

Circle the number of the five most significant statements to which you answered "true." Weight each on a scale of 1 to 10, with 10 representing "very significant" in

terms of trauma and 1 being “not very significant” in terms of difficulty or trauma. Add these scores to a total score below. (Example: If you circled number 29, “I have a problem with anger,” you would rate the significance of that statement on a scale of 1 to 10, with 10 being “very significant.”)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*Total of 1 through 5* \_\_\_\_\_

*Total of “true” answers* \_\_\_\_\_

*Overall total (out of a possible 90)* \_\_\_\_\_

## True/False Questionnaire

1. I exclude him from important decisions. \_\_\_\_\_
2. I don't always give him a chance to help. \_\_\_\_\_
3. I correct things he says. \_\_\_\_\_
4. I question his judgment. \_\_\_\_\_
5. I give him unsolicited advice. \_\_\_\_\_
6. I suggest how he *should* feel. \_\_\_\_\_
7. I ignore his advice. \_\_\_\_\_
8. I imply that he's inadequate in certain areas. \_\_\_\_\_
9. I'm often in a bad mood. \_\_\_\_\_
10. I think that he should at least match my use of time and energy. \_\_\_\_\_
11. When he says I overreact, I think that he just doesn't get it. \_\_\_\_\_
12. I ignore his needs that I think aren't important. \_\_\_\_\_
13. I focus on what I don't have instead of what I have. \_\_\_\_\_
14. I withhold praise because I think he doesn't really deserve it or because I don't want him to get a big head. \_\_\_\_\_
15. I use a harsh tone to get through to him. \_\_\_\_\_
16. I pay more attention to other people's needs than to his. \_\_\_\_\_
17. I undermine his wishes. \_\_\_\_\_
18. I am condescending to him. \_\_\_\_\_
19. I lack respect for his work. \_\_\_\_\_
20. I show little interest in his interests. \_\_\_\_\_
21. I criticize his family. \_\_\_\_\_
22. I interpret the "real meaning" of what he says and does. \_\_\_\_\_



- 23. I compare him to other men or, worse, to my girlfriends. \_\_\_\_\_
- 24. I don't take his point of view seriously. \_\_\_\_\_
- 25. I believe he just can't see my unhappiness. \_\_\_\_\_
- 26. I think he fails to make me happy. \_\_\_\_\_
- 26. If I'm unhappy, I tell him that he must be unhappy, too. \_\_\_\_\_
- 28. I roll my eyes when I think of some of the things he  
says and does. \_\_\_\_\_
- 29. He says I give him "the look." \_\_\_\_\_
- 30. I am sometimes sarcastic to make my point or express  
my dissatisfaction with his behavior. \_\_\_\_\_
- 31. I use ridicule to get through to him. \_\_\_\_\_
- 32. I usually have a "better way" of doing things. \_\_\_\_\_
- 33. Sometimes I think he's a jerk. \_\_\_\_\_
- 34. I have to tell him what he's doing wrong. \_\_\_\_\_
- 35. I tell him that he never helps me enough. \_\_\_\_\_
- 36. He can't handle my feelings. \_\_\_\_\_
- 37. I believe that if his childhood or previous relationships  
were different, we wouldn't have these problems. \_\_\_\_\_
- 38. I think that I understand relationships better than he does. \_\_\_\_\_
- 39. I think I do more than he does. \_\_\_\_\_
- 40. My friends treat me better than he does. \_\_\_\_\_
- 41. He disappoints me. \_\_\_\_\_
- Total of "true" answers* \_\_\_\_\_

FIGURE 1. HIGH-DESIRE SEXUAL-RESPONSE CYCLE

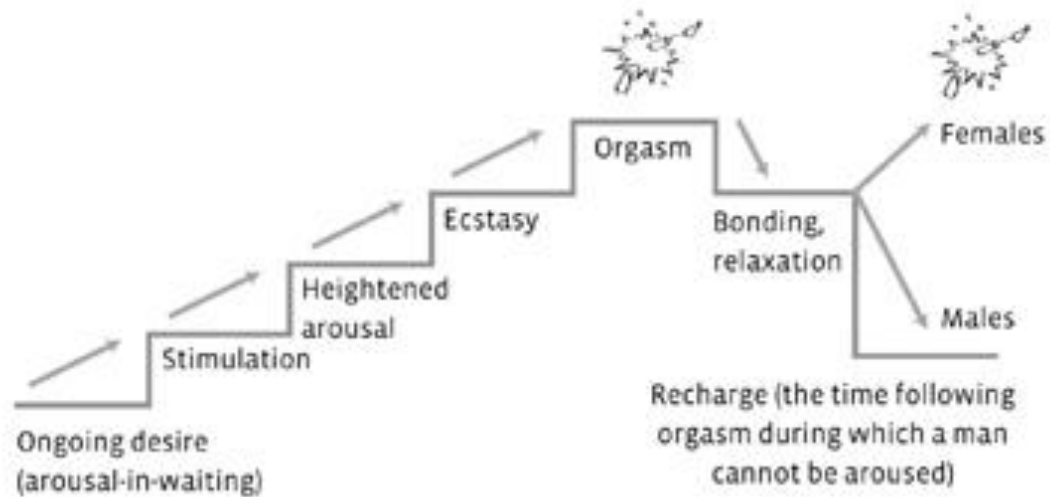
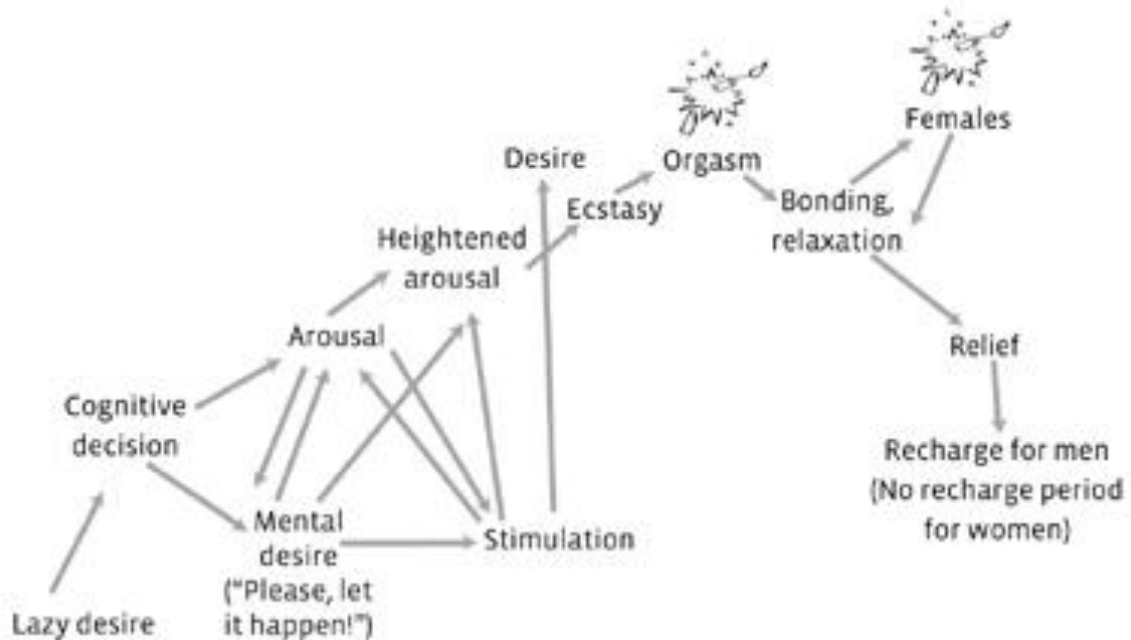


FIGURE 2. LOW-DESIRE SEXUAL-RESPONSE CYCLE



## Checklist of Motivations Toward Your Partner

Think of an average weekend and check the top two words that most often describe you in each of the three motivation categories:

APPROACH	AVOID	ATTACK
Connect <input type="checkbox"/>	Ignore <input type="checkbox"/>	Criticize <input type="checkbox"/>
Protect <input type="checkbox"/>	Manipulate <input type="checkbox"/>	Judge <input type="checkbox"/>
Nurture <input type="checkbox"/>	Control <input type="checkbox"/>	Devalue <input type="checkbox"/>
Encourage <input type="checkbox"/>	Withdraw <input type="checkbox"/>	Reject <input type="checkbox"/>
Appreciate <input type="checkbox"/>	Dismiss <input type="checkbox"/>	Demand <input type="checkbox"/>
Understand <input type="checkbox"/>	Disregard <input type="checkbox"/>	Coerce <input type="checkbox"/>
Influence/ guide <input type="checkbox"/>	Overlook <input type="checkbox"/>	Dominate <input type="checkbox"/>
Negotiate/ cooperate <input type="checkbox"/>	Deny <input type="checkbox"/>	Threaten <input type="checkbox"/>
Request behavior change <input type="checkbox"/>	Distract <input type="checkbox"/>	Abuse (verbally or physically) <input type="checkbox"/>
Engage <input type="checkbox"/>	Sulk <input type="checkbox"/>	Punish <input type="checkbox"/>
Help/support <input type="checkbox"/>		
Collaborate/ cooperate <input type="checkbox"/>		

Now write down how you think your partner *perceives* your motivations. In other words, if you think you're encouraging or engaging, does he think you're coercing or does she think you're controlling?

APPROACH	AVOID	ATTACK
My motivations:	My motivations:	My motivations:
How he or she perceives them:	How he or she perceives them:	How he or she perceives them:

To get a little more specific about your motivations, we now invite you to look at particular aspects of your relationship that require your energy and attention. Complete the survey beginning on the next page to get a reading on how approachable you are.

## How Approachable Are You?

In relationships, connection occurs when you are both approachable (in approach mode). Use the scale below to describe your motivation level within the last six months regarding each area listed beginning on the next page.

APPROACH MODE	AVOID OR ATTACK MODE
7      6      5	4      3      2      1      0
7 to 5	<i>Approach</i> means open, available, cooperative, interested, accessible.
4 to 0	<i>Avoid</i> means unwilling to participate, uninterested, shut down, uncooperative.
4 to 0	<i>Attack</i> means get angry, become defensive, criticize, demean, judge, resent.

The lower the number, the more defended and uncooperative you are. If you choose a 4 or lower, circle the mode you use, avoid or attack. If you use both, circle both. (Example: If you refuse your partner's sexual advances or ignore his or her needs, under the category "being a good sex partner" you would circle a 4 or lower, depending on how long you have refused or how angry or insensitive your response has been.)

Circle the number that represents your behavior regarding the following activities:

1. Budgeting and spending

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

2. Participating fairly in household chores

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

3. Giving and receiving *nonsexual* affection

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

#### 4. Showing an ongoing interest in my partner

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

#### 5. Being a good sex partner

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

#### 6. Making my partner's needs a priority

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

#### 7. Being romantic

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

8. Being interested in my partner's interests, hobbies, work

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

9. Creating an emotionally safe environment in our relationship

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

10. Regulating my negative thoughts and emotions

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

11. Being faithful and trustworthy

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0



12. Being a good friend to my partner

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

13. Being enjoyable to live with

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

14. Being an active, supportive member of our family

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

15. Making communication easy

APPROACH MODE			AVOID OR ATTACK MODE				
7	6	5	4	3	2	1	0

There are several ways you can interpret your scores on this survey. Just a glance at the numbers you circled will give you a reading on how approachable you are. However, you might want to look at individual areas to begin changing your motivation from avoid or attack to approach. Simply increasing the amount of time you spend in approach mode while decreasing avoid and attack motivations will certainly improve your relationship without talking about it.

## The Wimp Test

Write “real man” next to those statements you think describe someone of courage, or “wimp” next to those statements you think describe a wimp.

1. He's *afraid* to admit to himself what he really feels. \_\_\_\_\_
2. He's *afraid* to take responsibility for himself and blames others for what he thinks, feels, and does. \_\_\_\_\_
3. He's *afraid* to internalize power, and instead relies on other people to make him feel powerful and to make him feel good or bad. \_\_\_\_\_
4. He's *afraid* to be intimate. \_\_\_\_\_
5. He's *afraid* to be compassionate. \_\_\_\_\_
6. He *hides* behind resentment or anger because he's *afraid* to feel like a failure. \_\_\_\_\_

*Answer “yes” or “no”*

7. Is a real man *afraid* to feel hurt? Does he *need* to cover up his feelings with anger, resentment, withdrawal, or aggression? \_\_\_\_\_
8. Would a real man hurt his wife's feelings to keep from feeling a few seconds of rejection or disrespect or devaluation? \_\_\_\_\_

## Overcoming Shame Avoidance Grid

<p>Whenever she criticizes, complains, gets angry, irritable, resentful, etc.</p>	<p>I feel annoyed, angry, resentful, tired, fed up, etc.</p>	<p>Then I want to run, crawl into a hole, shout, slam doors, etc.</p>	<p>But if I force myself to understand that her fear of isolation, deprivation, or harm comes from her desire to love me and to feel loved by me,</p>	<p>I want to protect her, without trying to control her, to let her know that I care about how she feels, to appreciate her, and to connect with her mentally, even if I can't connect with her physically at that moment.</p>
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**AGREEMENT**

For value received (the privilege of loving you), I, \_\_\_\_\_, of  
\_\_\_\_\_ [street address], \_\_\_\_\_ [city], \_\_\_\_\_ [county],  
\_\_\_\_\_ [state], assign \_\_\_\_\_, of \_\_\_\_\_ [street address],  
\_\_\_\_\_ [city], \_\_\_\_\_ [county], \_\_\_\_\_ [state], to receive the  
following from me every day. I warrant that I will:

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