

## Assessing the Use of Blame in My Relationships

In this assessment you will become more aware of the use of blame by you against others and by others against you. Answer each question accurately and do not look at the key until you have completed the assessment.

- 1 T/F. People ought to feel bad for what they do to me
- 2 T/F. When things don't work out it's usually somebody's fault
- 3 T/F. Once the other person is aware of their wrong doings, our relationship goes more smoothly
- 4 T/F. It's usually the other person's fault when they don't get what they want
- 5 T/F. It isn't easy being the victim at times
- 6 T/F. I'm simply better at relationships than most others
- 7 T/F. I have to use anger to keep things in control
- 8 T/F. I feel a bit vulnerable before arguments
- 9 T/F. People have a way of messing things up in my life
- 10 T/F. Some of my closest friends are ignorant of what they do to me
- 11 T/F. I always have to help people to know how to relate to me
- 12 T/F. I struggle with my sense of self-concept
- 13 T/F. If you keep at certain people for long enough, they'll figure out what they're doing wrong
- 14 T/F. I hate it when people make me look bad
- 15 T/F. I see people's behavior so clearly most of the time, but they don't see mine so clearly
- 16 T/F. It's always my fault
- 17 T/F. I feel bad around certain people but am not sure why
- 18 T/F. Unless I did something wrong, others feel uncomfortable around me
- 19 T/F. I can never figure out the right thing to do with certain relationships
- 20 T/F. I'm often the offender
- 21 T/F. Sometimes I feel like not even trying in my relationships
- 22 T/F. People often get mad at me and I can't avoid it
- 23 T/F. I often blow it for people
- 24 T/F. My friends let me know when I mess things up with them
- 25 T/F. My needs and wants often cause complications
- 26 T/F. Others know I have a low self-concept
- 27 T/F. It takes me a long time to figure out people
- 28 T/F. I just want us all to be happy
- 29 T/F. When I give in we get along better
- 30 T/F. I often embarrass my friends & family \_\_\_\_\_

**Key:1-30 are True. Your Score \_\_\_\_.** This assessment is biased toward the negative and unhealthy use of blame and victim hood. A higher score indicates a greater propensity to use blame or be the victim of blame. Questions 1-15 relate to patterns of blaming others. Questions 16-30 relate to patterns of being the victim (a convenient facilitator of blaming). How many questions did you score correctly in Questions 1-15\_\_\_\_and in Questions 16-30\_\_\_\_? This will help you identify if you blame more, are a victim more, or are about equal high or low in these traits. Discuss this with someone you relate to often. Do they see the same thing in you?

# Marital Violence Risks Assessment

This assessment can be used by marrieds and singles. Please check all of the factors below which apply to you and your spouse or current partner (simply check spouse if single and it applies to your partner). You may also use it for current or past relationships.

- 1 . I/My spouse was slapped as a child \_\_\_me\_\_\_spouse
- 2 . I/My spouse was kicked as a child \_\_\_me\_\_\_spouse
- 3 . I/My spouse was pulled/pushed/or shoved as a child \_\_\_me\_\_\_spouse
- 4 . I/My spouse was bitten/pinched/ or scratched as a child \_\_\_me\_\_\_spouse
- 5 . I/My spouse was choked/beat up/ or threatened with a weapon as a child \_\_\_me\_\_\_spouse
- 6 . I/My spouse was injured with a weapon as a child \_\_\_me\_\_\_spouse
- 7 . I/My spouse was ridiculed/cut down/yelled at as a child \_\_\_me\_\_\_spouse
- 8 . I/My spouse often felt that I/ he/she “deserved” what happened in items 1-7 \_\_\_me\_\_\_spouse
- 9 . I/My spouse come from a family where violence is used when it is “needed” \_\_\_me\_\_\_spouse
- 10 . I/My spouse live in a society where violence is used when it is “needed” \_\_\_me\_\_\_spouse
- 11 . I/My spouse breaks things when angry \_\_\_me\_\_\_spouse
- 12 . I/My spouse hurts people when angry \_\_\_me\_\_\_spouse
- 13 . I/My spouse yells harshly when angry \_\_\_me\_\_\_spouse
- 14 . I/My spouse am/is hurt by others when they are angry \_\_\_me\_\_\_spouse
- 15 . I/My spouse sometimes need the help of the police to solve disagreements \_\_\_me\_\_\_spouse
- 16 . I/My spouse sometimes find that violence helps to solve disagreements \_\_\_me\_\_\_spouse
- 17 . I/My spouse gets drunk often \_\_\_me\_\_\_spouse
- 18 . I/My spouse gets high often \_\_\_me\_\_\_spouse
- 19 . I/My spouse sometimes insult each other when alone \_\_\_me\_\_\_spouse
- 20 . I/My spouse sometimes insult each other when in public \_\_\_me\_\_\_spouse
- 21 . I/My spouse get frustrated beyond control because of work or something else \_\_\_me\_\_\_spouse
- 22 . I/My spouse will not do what I/he/she is “supposed” to do \_\_\_me\_\_\_spouse
- 23 . I/My spouse will not listen to reason \_\_\_me\_\_\_spouse
- 24 . I/My spouse get very angry if dinner/the house/ or children are “out of order” \_\_\_me\_\_\_spouse
- 25 . I/My spouse feel deeply inadequate as a man or woman \_\_\_me\_\_\_spouse
- 26 . I/My spouse would physically hurt my spouse if he or she had an affair \_\_\_me\_\_\_spouse
- 27 . I/My spouse would kill my spouse if he or she had an affair \_\_\_me\_\_\_spouse
- 28 . I/My spouse makes me very angry when he or she physically hurts our child \_\_\_me\_\_\_spouse
- 29 . I/My spouse sometimes scream hysterically \_\_\_me\_\_\_spouse
- 30 . I/My spouse really feel bad after having physically hurt each other \_\_\_me\_\_\_spouse
- 31 . I/My spouse can be really mean \_\_\_me\_\_\_spouse
- 32 . I/My spouse have/has a low self-esteem \_\_\_me\_\_\_spouse
- 33 . I/My spouse am/is not very smart \_\_\_me\_\_\_spouse
- 34 . I/My spouse have a marriage with much conflict \_\_\_me\_\_\_spouse
- 35 . I/My spouse have children with behavior problems \_\_\_me\_\_\_spouse
- 36 . I/My spouse stress over being a single parent \_\_\_me\_\_\_spouse
- 37 . I/My spouse frequently lose my/his/her job \_\_\_me\_\_\_spouse
- 38 . I/My spouse likes to keep to ourselves more than socialize \_\_\_me\_\_\_spouse
- 39 . I/My spouse did not really get along well with friends while growing up \_\_\_me\_\_\_spouse
- 40 . I/My spouse do not really get along with friends now \_\_\_me\_\_\_spouse
- 41 . I/My spouse feel that “hard” spankings are sometimes best for the child \_\_\_me\_\_\_spouse
- 42 . I/My spouse really feel that we “own” our children \_\_\_me\_\_\_spouse
- 43 . I/My spouse fail to support each other equally in parenting responsibilities \_\_\_me\_\_\_spouse
- 44 . I/My spouse often have/has many stressful events which appear to “derail” the family \_\_\_me\_\_\_spouse
- 45 . I/My spouse has no use for religion \_\_\_me\_\_\_spouse
- 46 . I/My spouse as parents rarely receive support from family or friends \_\_\_me\_\_\_spouse
- 47 . I/My spouse tends to be aggressive toward most people \_\_\_me\_\_\_spouse

- 48. I/My spouse uses violence only when its really needed \_\_\_me\_\_\_spouse
- 49. I/My spouse feels powerful when violence is used \_\_\_me\_\_\_spouse
- 50. I/My spouse finds that children/spouses/old people/or others are difficult to control \_\_\_me\_\_\_spouse
- 51. I/My spouse finds that when someone gets hurt, they usually "deserve" it \_\_\_me\_\_\_spouse
- 52. I/My spouse finds that no matter what I/he/she tries violence tends to occur \_\_\_me\_\_\_spouse
- 53. I/My spouse finds it very difficult to work things out \_\_\_me\_\_\_spouse
- 54. I/My spouse knows that violence is unusual \_\_\_me\_\_\_spouse
- 55. I/My spouse feels important or valuable as the victim of violence \_\_\_me\_\_\_spouse
- 56. I/My spouse feels that I/he/she can change a violent person given enough time \_\_\_me\_\_\_spouse
- 57. I/My spouse feels loved and accepted especially after we make up \_\_\_me\_\_\_spouse
- 58. I/My spouse believes that violence is caused by genetics \_\_\_me\_\_\_spouse
- 59. I/My spouse believes that talking about our violence is inappropriate \_\_\_me\_\_\_spouse
- 60. I/My spouse can solve our own problems without outside help \_\_\_me\_\_\_spouse

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The first step in understanding the results of this assessment is to identify which risks are associated with you, your spouse, or both. Place the number of the risk factor in the appropriate box below:

| Applies To Me | Applies To My Spouse/Partner | Applies To Both of Us |
|---------------|------------------------------|-----------------------|
|               |                              |                       |

The more items you checked off, the higher the risk that you will end up in a situation of violence in some capacity. It is a well documented scientific fact that violent and abusive homes often create violent and abusive people who, in turn are often violent abusers or victims of abusers as adults. Two very important principles may be helpful if this is the case for you. First, if you are single you may want to evaluate carefully your current or most recent significant relationship. Children who were abused often grow up and become abusers themselves or become victims of abusers. Second, if you are married you may want to consider the fact that violence is rarely overcome in the home without some form of outside help. One of the myths of victims and abusers is that it will someday get better if "we just leave it alone."

With your partner or spouse (or on your own if you did this assessment for yourself) seriously consider these risk factors you identified and their repercussions for you, your family, and children. Almost everyone has some propensity toward violence but some of us have more than others. If you and your partner are willing to talk about these risk factors openly and in the context of hope for change you will be able to judge for yourself how best to successfully overcome any problems which currently exist and to plan how to prevent problems from developing in the future. Talking about it openly and calmly is the first step. Discussing it with appropriate family members, seeking counseling in religious or professional settings, and involving the state in legal interventions are other steps which can be taken when needed.

# Rape Awareness Quiz

Answer each question below with T=True or F=False. Circle your answer. Read each question in order as you come to it. Don't read the Key at the bottom of the page until you've finished.

- T/F 1. "Nice/good" girls/women don't get raped.
- T/F 2. Women are raped only when they are in the "wrong" place.
- T/F 3. Provocative clothing provokes a rapist to attack.
- T/F 4. Women secretly want to be raped.
- T/F 5. It is easy to pick a rapist out of a crowd.
- T/F 6. Rapists are typically strangers to the victim.
- T/F 7. Rapists are sexually unfulfilled.
- T/F 8. Rapists come from a different racial or ethnic group than the victim.
- T/F 9. Rapists usually rape once & only on an impulse.
- T/F 10. Rape is simply "aggressive sex."
- T/F 11. Rape is simply "morning after regrets" from willing women.
- T/F 12. If a rapist does not injure or use violence then it really isn't rape.
- T/F 13. If a woman does not fight back while resisting a rape attack then it's not rape.
- T/F 14. It really is the victim's fault when she is raped.
- T/F 15. Rapists cannot control their sexual urges, "they have to do it."
- T/F 16. A wife cannot be raped by her husband.
- T/F 17. Rapes really don't hurt anyone either physically or emotionally.
- T/F 18. Rape is synonymous with sex.
- T/F 19. Rape rarely occurs in the U.S.
- T/F 20. All rape victims are female.
- T/F 21. It really is a woman's fault for not protecting herself from the rape.
- T/F 22. A woman is safe from rape if she is with a friend or acquaintance.
- T/F 23. There is no relationship between rape and drug or alcohol use.
- T/F 24. It's O.K. when rape occurs if the man spent money on the woman.
- T/F 25. It's O.K. when rape occurs if she lets him touch her in her private areas.
- T/F 26. It's O.K. when rape occurs if she is out hitchhiking.
- T/F 27. It's O.K. when rape occurs if the rapist is "so turned on that he can't stop."
- T/F 28. It's O.K. when rape occurs if she has had sex with him before.
- T/F 29. It's O.K. when rape occurs if they have known each other for a long time.
- T/F 30. Some women "deserve" to be raped."
- T/F 31. Rape does very little harm to the victim.
- T/F 32. Rape is a crime that has been dramatically decreasing in the U.S.
- T/F 33. Based on current statistics chances are most U.S. women will never be raped.
- T/F 34. Rapes rarely occur in the victim's or perpetrator's home.
- T/F 35. Very few rapes are planned in advance.
- T/F 36. "Good/Nice" boys/men don't rape.
- T/F 37. When a woman finally submits to the attack, she is basically giving her consent.
- T/F 38. A convicted rapist usually has no prior history of sexual violence.
- T/F 39. Most rapists can remember exactly what their victim was wearing when they attacked her.
- T/F 40. Young girls and very old women are never raped

How well did you do? Grade your quiz and give yourself 1 point for each correct answer. **Key=1-40 are false.** The higher you score (40 is max) the more accurate your understanding of rape and rape issues tends to be. Go back and carefully consider why you missed the ones you missed. Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?

# Divorce Risks Assessment Questionnaire

You can do this assessment if you're married, divorced, widowed, dating, engaged or otherwise committed. Simply put a check mark beside all of the risk factors below that apply to you or your significant other in your current or recent relationship:

1. I/we don't communicate feelings/needs & wants clearly\_\_\_
2. I/we don't resolve differences in a timely & fair manner\_\_\_
3. I/we married as teenagers\_\_\_
4. I/we got married because of a pregnancy\_\_\_
5. I/we lived together (cohabited) before marriage\_\_\_
6. I/we have little in common\_\_\_
7. I/we have little education beyond high school\_\_\_
8. I/we have a low paying job\_\_\_
9. I/we don't spend a lot of time with each other\_\_\_
10. I/we married someone of another religion\_\_\_
11. I/we married someone of another race or ethnic group\_\_\_
12. I/we had a very short courtship(less than 3 months)\_\_\_
13. I/we had a very long courtship (more than 3 years)\_\_\_
14. I/we have been married before\_\_\_
15. I/we have a problem with alcohol/drugs\_\_\_
16. I /we have a seriously ill child\_\_\_
17. I/we don't care much for religious involvement\_\_\_
18. I/we think about getting a divorce often\_\_\_
19. I/we talk about getting a divorce often\_\_\_
20. I/we have been living apart because of work or other circumstances\_\_\_
21. I/we have had problems with extramarital sex (adultery or affairs)\_\_\_
22. I/we have struggled with unemployment\_\_\_
23. I/we have significant differences in our education levels\_\_\_
24. I/we have parents who divorced\_\_\_
25. I/we have or want no children\_\_\_
26. I/we have or want more than five children\_\_\_
27. I/we have been married less than five years\_\_\_
28. I/we live in or near a city\_\_\_
29. I/we have other partners available\_\_\_
30. I/we have no sons\_\_\_
31. I/we have recently been in combat\_\_\_
32. I/we have lost the feeling of love\_\_\_
33. I/we have significant financial problems\_\_\_
34. I/we have a great deal of consumer debt\_\_\_
35. I/we have serious problems with in-laws\_\_\_
36. I/we have problems with cruelty, physical, or emotional abuse\_\_\_
37. I/we have problems with compatibility in sexual matters\_\_\_
38. I/we don't like my partner\_\_\_
39. I/we spend more time with friends than each other\_\_\_
40. I/we feel that divorce is an appropriate way to solve marital problems\_\_\_
41. I/we had a troubled childhood\_\_\_
42. I/we married to get away from our family of origin\_\_\_
43. I/we eloped when we married\_\_\_

- 44. I/we met and married shortly after a major life crisis\_\_\_
- 45. I/we depend on family or friends for financial, physical, or emotional support\_\_\_
- 46. I/we have poor relationships with siblings\_\_\_
- 47. I/we live a considerable distance from family of origin\_\_\_
- 48. I/we live considerably close to family of origin\_\_\_
- 49. I/we often look at others as a potential future spouse\_\_\_
- 50. I/we have lots of friends who are divorced\_\_\_
- 51. I/we have serious disagreements on how to raise the children\_\_\_
- 52. I/we have grown apart\_\_\_
- 53. I/we have different interests and values now\_\_\_
- 54. I/we spend too much time at work\_\_\_
- 55. I/we have gone to friends or family seeking information on how to divorce\_\_\_

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**Making Sense of the Risk Factors**

Keep in mind that these are correlates of divorce and not causes. If they are present in your life experience that does not imply that your marriage is doomed. It does imply that you may have to exert more energy in order to deal with them and to avoid their potentially destructive influence in your marriage. Research into why these factors are correlated with divorce will help you to better understand them and how they affect your marriage. Consider each factor you placed a check mark beside using the following questions:

**How does this risk factor apply to my marriage?**

**Is this factor something I can have control over?**

**If I can have some control over this factor, what specifically am I willing to do about it (IE: counseling, therapy, change life style, etc...)?**

**If I really cannot control this factor, how am I going to adjust my marriage relationship in order to cope successfully with it?**

Select which factor you will focus on first by assessing its degree of importance to you in terms of marital success. Start by writing the number of each factor in the boxes below:

| VERY CRITICAL | SOMEWHAT CRITICAL | NOT SURE | NOT VERY CRITICAL |
|---------------|-------------------|----------|-------------------|
|               |                   |          |                   |

Now that you have divided your risk factors by their relative importance, choose the most important factor in the "VERY CRITICAL" category and create a plan for how you & your spouse will exert your personal energies to control or cope with it. Knowing which risk to look out for is the first step in taking charge of your marriage's destiny.

## How Healthy is My Remarriage/Step Family?

Answer the true/false questions below as accurately as possible as they relate to your step family. This quiz can be taken by married, remarried, or single adults.

1. T/F Relationships with Ex-spouses are basically non-conflictual and compatible.
2. T/F Custody issues have been resolve legally.
3. T/F Custody issues have been resolved interpersonally.
4. T/F Financial arrangements have been finalized.
5. T/F Payments are made where they are due (IE: child support, alimony, etc...).
6. T/F There are enough economic resources to meet the family's basic needs.
7. T/F Mom and Dad work together on discipline issues for the children.
8. T/F Work in the home is distributed among all family members.
9. T/F Family members can communicate openly about issues as they arise.
10. T/F Realistic expectations exist as far as developing feelings of love for step family members.
11. T/F There is more discipline in the home than punishment.
12. T/F Each family member is valued and respected in the home.
13. T/F Children are supported in the relationship between them and both of their biological parents.
14. T/F When issues of anger and hurt arise they can be dealt with by family members.
15. T/F Mom and Dad often take time away from home to nurture their relationship.
16. T/F Grandparents are accepting of all the children in the family.
17. T/F When Mom and Dad disagree, they do so privately as a couple.
18. T/F Everyone in the home is committed to the success of the family.
19. T/F A healthy system of integrating all monies into the family budget has been established.
20. T/F It is O.K. for children to be loyal to both parents.
21. T/F Family members realize that we cannot create a replica of the biological family.
22. T/F Regular family meetings are held to facilitate concerns, problems, and scheduling, etc...
23. T/F Parents and children have established comfortable titles for each other.
24. T/F Agreements have been made for holidays, birthdays, and other special occasions.
25. T/F We have fun together in the family.
26. T/F We tend to be very flexible in terms of family roles.
27. T/F Each family member has his or her needs for privacy and space met.
28. T/F We have very few rules and flexibility exists when called for.
29. T/F We allow plenty of time for family members to adjust and deal with issues.
30. T/F The relationships between children and all of their grandparents are supported.

**Key:** Give yourself 1 point for each true answer. The higher the score the higher the level of function in the step family. Consider all of the questions which were answered as false. Which are the most significant to you and other family members who take this quiz? Discuss them together in the context of looking for a healthy strategy for improving upon them. Remember that most step families portrayed on T.V. have scripts already prepared for them to follow. In real life we must choose and act for ourselves if things are to get better.

Do the findings from this assessment accurately reflect you, your expectations, and your life experience?  
Why?