**Study 1: Independent and Dependent Variable Instructions and Measures**

[This first page lists the procedure, instructions and materials that were presented and was not provided to participants.]

Participants completed the following measures at a laboratory-based session.

|  |
| --- |
| Questionnaire Instructions Demographic Information Relationship Satisfaction (Rusbult, Martz, & Agnew, 1998)Perceived Partner Responsiveness (Fletcher, Simpson, Thomas, & Giles, 1999)Identify Aspects of Partner to Change  |

Participants then had two 7-minute discussions about the top-ranked problem identified by each partner.

|  |
| --- |
| Discussion InstructionsCoding Schedule |

Finally, participants completed the following measures via post every three months for the following year.

|  |
| --- |
| Questionnaire InstructionsRelationship Satisfaction (Rusbult, Martz, & Agnew, 1998)Perceived Partner Responsiveness (Fletcher, Simpson, Thomas, & Giles, 1999) |

***General Instruction Sheet***

Your participation is greatly appreciated. We realise there are many tasks you must complete so please have a break when needed.

To ensure that your data can be used as part of this research program it is imperative that you follow the instructions outlined below:

Read each item carefully to make sure you understand it before answering. Make sure you answer **EVERY** question.

You must always circle only **ONE** number on each scale.

Make sure you circle a **number**. **DO NOT** circle the words at the end of the numbers or in between two numbers.

For example:

|  |
| --- |
| **CORRECT** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **WRONG** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

If you change your mind once you have circled a number, please mark a cross through the original circle and then circle your new response.

For example,

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

There are no right or wrong answers. Some of the questions may be difficult but please try your best to answer as honestly and accurately as you can.

**Remember that all your answers are strictly confidential**. Your data will be entered into a computer without your name, and your questionnaires will be held in a secure place with no accompanying name attached. Your partner will NOT get to see your questionnaire.

**Background Information**

|  |  |
| --- | --- |
| **Gender (please tick** **):*** Male
* Female
 | **Please tick (****) the category that best describes you.*** Full-time Student
* Part-time Student
* Employed Part-time
* Employed Full-time
* Unemployed
 |
| **Age:** years old |
| **Please tick (****) the category that best describes your relationship.*** Casual
* Steady
* Serious
* Living together
* Married
 | **Please tick (****) the ethnic group(s) that you belong to:*** NZ European/Pakeha
* Maori
* Pacific Nations
* Asian
* Indian
* European (non-NZ)
* Other (please specify)
 |
| **How long have you been in your current relationship?** years months |
| **If you are married, how long have you been married?** years months | **Please tick (****) the category that best describes your highest educational level attained:*** Postgraduate Qualification
* Tertiary Qualification
* Higher School Certificate/Bursary
* School Certificate
* Other (please specify)
 |
| **If you are living with your partner (but not married), how long have you been living together?** years months |
| **If you are living with your partner (but not married), please tick (****) the category that best describes your reasons for living together?*** Temporary for convenience
* Extension of affectionate, steady relationship
* Trial marriage (if contemplating marriage)
* Temporary alternative to marriage
* Permanent or semi-permanent alternative to marriage
 | **Please estimate your personal annual income** $10,000 or under $11,000 - $20,000 $21,000 - $30,000 $31,000 - $40,000 $41,000 - $50,000 $51,000 - $60,000 $61,000 - $70,000 $71,000 - $80,000 $81,000 + |

|  |
| --- |
| Please indicate the degree to which you agree with each statement. |
| **I feel satisfied with our relationship.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **My relationship is much better than others’ relationships.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **My relationship is close to ideal.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **Our relationship makes me very happy.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

**Rate each factor below in terms of how accurately it describes your CURRENT ROMANTIC PARTNER. Circle ONE number in each scale.**

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Understanding** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Supportive** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Kind** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Good Listener** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Sensitive** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Considerate** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |

**Just like there are things we would like to change about ourselves, there are often habits, attitudes or behaviours we would like to change about our romantic partner. Please identify THREE aspects of YOUR PARTNER that you would like changed in some way. This can be anything about your partner that you desire your partner to change or improve, or something about your partner that creates problems or conflict in your relationship.**

**Please Note**: your partner will not see your questionnaire or any further information you provide regarding the aspects below. However, your partner will be asked questions regarding the three items that you list and you will be asked to have a discussion with your partner regarding one of these items in the next phase of this study. You will also be asked to hand this sheet back to the researcher so that he/she can formulate materials for the next section.

Write a brief description of each feature that you desire your partner to change or improve in the spaces provided below. Please describe this feature in such a way that your partner will understand what you mean without discussing it with you.

**1. An aspect of my partner I have wanted to change is: Rank**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. An aspect of my partner I have wanted to change is: Rank**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. An aspect of my partner I have wanted to change is: Rank**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Now, we would like you to rank in order of importance the above three aspects you would like your partner to change or improve in some way. Think about how important each aspect is to you, the impact each might have on your satisfaction within the relationship or how you think and feel about your partner, and the extent to which each attribute produces problems or conflict in your relationship. **Please provide a rank in the spaces provided above. Rank 1 for the most important partner attribute that has the biggest impact on your relationship, 2 for the second most important, and 3 for the least important.**

You will now be required to discuss with your partner an aspect of your partner that you desired change and an aspect of yourself that your partner indicated desire for change. You will have two short 7-minute discussions while being recorded:

(a) **an aspect of yourself that your partner has desired change** or improvement in over the past six months, and

(b) **an aspect of your partner that you have desired change** or improvement in over the past six months.

You will be given the order in which you discuss these topics, and at the beginning of each discussion you will be told which feature is to be discussed. You will be required to discuss the issue for seven minutes.

The purpose of the discussions is to help bring about change in you or your partner. To begin the discussion, the person who identified the feature will clearly outline what in particular they desire to be changed and why. At the end of each interaction you will be asked to complete a questionnaire about your thoughts and feelings about the discussion.

During the discussions please interact with your partner as you would normally while having this type of discussion. Please remember that your discussions are completely confidential. The recording of your discussion will be securely stored in a locked filing cabinet, and only [principal investigator] and trained coders employed by [principal investigator] will have access to your data.

Finally, if you become uncomfortable or experience distress you may stop discussing this topic with your partner. You are also free to withdraw from the study at any time.

If you need clarification of the procedure or the topic under discussion at anytime, please do not hesitate to ask for more information.

**Communication Strategies Coding Scheme**

The coding will focus on five categories of behavior. Each behavior is coded globally, with coders taking into consideration the variety of behaviors falling within each category. Each couple member will be rated on 7-pt scales the extent to which they exhibit any of the behaviors within each category, applying inference rules to score: low = 1-2, moderate = 3-5, high = 6-7.

Coding will be conducted separately for each partner. Thus, the interactions will be viewed once to code the female partner, and then a second time to code the male partner. In half the couples, female partners will be coded first, and in half the couples, males will be coded first.

Coders will watch the entire interaction in 30-second blocks, taking into account the frequency, intensity and duration of behaviors associated with each category within each 30- second segment of the interaction. At each 30-second interval, coders will stop the recording and provide a rating for each of the five categories for the segment just reviewed.

Important note: if needed, coders can take into account wider contextual information to determine the meaning of participant responses and presence of specific behaviors, such as the preceding and following interaction blocks. This can be especially valuable to distinguish the meaning of passive responses like withdrawal and when there is low frequency of behaviour within a specific segment.

After rating each of the five categories, coders will also assign each 30-second segment to the one category most representative of the individuals’ behaviour. If the individual has received equal ratings across two or more strategies for that segment, the coder should decide which of those strategies provides a more accurate explanation of the course of the interaction. For example, the assigned category might represent a shift in behavior from prior segments or a change toward the behaviors that follow. Thus, if needed, coders should consider wider contextual information, such as the preceding and following interaction blocks.

**Negative-Direct Coding Description**

Negative-direct behaviors are *active and aggressive*, including derogating and blaming the partner, demanding change, using threats, and invalidating the partner’s point of view.

Behaviors that fit into this category include:

* using threats, criticism, insults, expressions of anger and irritation, blaming and ridiculing or putting the partner down
* insisting, demanding or commanding the partner changes
* invalidating the partner using sarcasm, being patronizing or condescending, and rejecting or denying the validity of their partners’ arguments
* being domineering (e.g., controlling the discussion, interrupting), rigid and taking a non-negotiable stance.

In sum, ratings of this category represent the degree to which the individual displayed ***active and direct aggressive behaviors*** (e.g., getting frustrated, defensive and/or angry with partner, using condescending words or tone, blaming/criticizing the partner, dismissing/rejecting the partner, verbal aggression).

**Withdrawal Coding Description**

Withdrawal behaviors are *passive and dismissing*, including avoiding discussing the problem, ignoring or refusing to acknowledge the problem, dismissing the importance of the issue or the partner’s concerns, disengaging from the partner and withdrawing from the discussion. Behaviors that fit into this category include:

* avoiding discussing the problem by hesitating, changing topics, diverting attention, or delaying the discussion
* ignoring or refusing to acknowledge the problem or dismissing its importance or necessity for change
* communicating little concern about the problem or the partner’s desires for change, point of view, concerns or hurt feelings
* disengaging from the partner (e.g., no, reduced or glazed eye contact, physical distancing, closing off) and withdrawing from the discussion (e.g., becomes silent)

The ratings should represent the degree to which the individual displayed ***passive dismissal behaviors*** (e.g., avoiding discussing the problem, refusing to acknowledge the issue and dismissing its importance, disengaging from the partner and withdrawing from the conversation).

***General Instruction Sheet***

To ensure that your data can be used as part of this research program it is imperative that you follow the instructions outlined below:

Read each item carefully to make sure you understand it before answering.

Make sure you answer **EVERY** question. You must always circle only **ONE** number on each scale. Make sure you circle a **number**. **DO NOT** circle the words at the end of the numbers or in between two numbers.

For example:

|  |
| --- |
| **CORRECT** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **WRONG** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

If you change your mind once you have circled a number, please mark a cross through the original circle and then circle your new response.

For example,

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 |  | 6 | 7 | *Strongly agree* |

There are no right or wrong answers. Some of the questions may be difficult but please try your best to answer as honestly and accurately as you can.

**Remember that all your answers are strictly confidential**. Your data will be entered into a computer without your name, and your questionnaires will be held in a secure place with no accompanying name attached. Your partner will NOT get to see your questionnaire.

**PLEASE DO NOT SHARE YOUR RESPONSES WITH YOUR PARTNER OR CONSULT WITH YOUR PARTNER WHEN COMPLETING THE QUESTIONNAIRE.**

|  |
| --- |
| Please indicate the degree to which you agree with each statement. |
| **I feel satisfied with our relationship.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **My relationship is much better than others’ relationships.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **My relationship is close to ideal.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **Our relationship makes me very happy.** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

*Longitudinal Assessments of Relationship Satisfaction and Perceived Partner Responsiveness*

**Rate each factor below in terms of how accurately it describes your CURRENT ROMANTIC PARTNER. Circle ONE number in each scale.**

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Understanding** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Supportive** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Kind** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Good Listener** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Sensitive** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |
| **Considerate** | *Not at all like my partner* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Very much like my partner* |

**Study 2: Independent and Dependent Variable Instructions and Measures**

[This first page lists the procedure, instructions and materials that were presented and was not provided to participants.]

Participants completed the following measures at a laboratory-based session.

|  |
| --- |
| Questionnaire Instructions Demographic Information Relationship Satisfaction (Satisfaction scale in Sample 1; Rusbult, Martz, & Agnew, 1998; Perceived Relationship Quality Components inventory in Sample 2; Fletcher et al., 2000)Perceived Partner Responsiveness (Fletcher, Simpson, Thomas, & Giles, 1999) |

Participants completed the following measures during the 3-week daily sampling procedure.

|  |
| --- |
| Relationship Satisfaction (Rusbult, Martz, & Agnew, 1998)Perceived Partner Responsiveness (Fletcher, Simpson, Thomas, & Giles, 1999)Daily Behavior |

Participants completed the following measures online 9 months later.

|  |
| --- |
| Relationship Satisfaction (Satisfaction scale in Sample 1; Rusbult, Martz, & Agnew, 1998; Perceived Relationship Quality Components inventory in Sample 2; Fletcher et al., 2000)Perceived Partner Responsiveness (Fletcher, Simpson, Thomas, & Giles, 1999) |

***General Instruction Sheet***

Your participation is greatly appreciated. We realise there are many tasks you must complete so please have a break when needed.

To ensure that your data can be used as part of this research program it is imperative that you follow the instructions outlined below:

Read each item carefully to make sure you understand it before answering. Make sure you answer **EVERY** question.

You must always circle only **ONE** number on each scale.

Make sure you circle a **number**. **DO NOT** circle the words at the end of the numbers or in between two numbers.

For example:

|  |
| --- |
| **CORRECT** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| **WRONG** |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

If you change your mind once you have circled a number, please mark a cross through the original circle and then circle your new response.

For example,

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Strongly disagree* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Strongly agree* |

There are no right or wrong answers. Some of the questions may be difficult but please try your best to answer as honestly and accurately as you can.

**Remember that all your answers are strictly confidential**. Your data will be entered into a computer without your name, and your questionnaires will be held in a secure place with no accompanying name attached. Your partner will NOT get to see your questionnaire.

**Background Information**

|  |  |
| --- | --- |
| **Gender (please tick** **):*** Male
* Female
 | **Please tick (****) the category that best describes you.*** Full-time Student
* Part-time Student
* Employed Part-time
* Employed Full-time
* Unemployed
 |
| **Age:** years old |
| **Please tick (****) the category that best describes your relationship.*** Casual
* Steady
* Serious
* Living together
* Married
 | **Please tick (****) the ethnic group(s) that you belong to:*** NZ European/Pakeha
* Maori
* Pacific Nations
* Asian
* Indian
* European (non-NZ)
* Other (please specify)
 |
| **How long have you been in your current relationship?** years months |
| **If you are married, how long have you been married?** years months | **Please tick (****) the category that best describes your highest educational level attained:*** Postgraduate Qualification
* Tertiary Qualification
* Higher School Certificate/Bursary
* School Certificate
* Other (please specify)
 |
| **If you are living with your partner (but not married), how long have you been living together?** years months |
| **If you are living with your partner (but not married), please tick (****) the category that best describes your reasons for living together?*** Temporary for convenience
* Extension of affectionate, steady relationship
* Trial marriage (if contemplating marriage)
* Temporary alternative to marriage
* Permanent or semi-permanent alternative to marriage
 | **Please estimate your personal annual income** $10,000 or under $11,000 - $20,000 $21,000 - $30,000 $31,000 - $40,000 $41,000 - $50,000 $51,000 - $60,000 $61,000 - $70,000 $71,000 - $80,000 $81,000 + |

 *Sample 1 Initial Measure of Relationship Satisfaction*

**Rate each item with reference to how you think and feel about your current relationship.**

|  |
| --- |
| I feel satisfied with our relationship. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship is much better than others’ relationships. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship is close to ideal. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship makes me very happy. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship does a good job of fulfilling my needs for intimacy, companionship, etc. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |

*Sample 2 Initial Measure of Relationship Satisfaction*

|  |
| --- |
| **Rate each item with reference to how YOU think and feel about your current ROMANTIC RELATIONSHIP.** |
| **How satisfied are you with your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How committed are you to your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How close is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How much do you trust your partner?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How passionate is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How much do you love your partner?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How romantic is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |

*Sample 1 and 2 Initial Measure of Perceived Partner Responsiveness*

**On this scale you will rate how closely your partner meets your ideals. For each item consider how your partner compares to your expectations in terms of your ideal partner.** For example, if you think your partner’s level of understanding matches how you ideally would like your partner to be on this attribute, circle 7 for the first item. If your partner only moderately meets your ideal for understanding, circle 4, and if your partner does not meet your ideal on this attribute at all, circle 1. **Rate each factor below in terms of the extent to which your CURRENT ROMANTIC PARTNER MATCHES YOUR IDEAL on each attribute. Circle ONE number in each scale.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Understanding** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Supportive** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Kind** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Good Listener** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Sensitive** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Considerate** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |

*Sample 1 Daily Diary Measure of Relationship Satisfaction*

Your Feelings Today

These questions are about how YOU thought and felt today.

NOT AT ALL

SOMEWHAT

VERY MUCH

I was satisfied with our relationship       

*Sample 2 Daily Diary Measure of Relationship Satisfaction*

Your Feelings Today

Please rate each item with reference to how you thought and felt about your

relationship TODAY.

NOT AT ALL

SOMEWHAT

VERY MUCH

How satisfied were you with your relationship today?       

*Sample 1 Daily Diary Measure of Perceived Partner Responsiveness*

Your Partner’s Feelings Today

These questions are about the way YOUR PARTNER felt about you and your relationship.

NOT AT ALL

SOMEWHAT

VERY MUCH

My partner felt value and respect for me       

My partner felt acceptance and understanding
toward me       

*Sample 2 Daily Diary Measure of Perceived Partner Responsiveness*

Your Partner’s Feelings Today

These questions are about the way YOUR PARTNER thought and felt about you and your relationship.

NOT AT ALL

SOMEWHAT

VERY MUCH

My partner valued and respected me       

My partner accepted and loved me       

*Sample 1 and 2 Daily Diary Measure of Negative-Direct Behavior and Withdrawal*

Your Behaviour Today

Thinking about how YOU thought, felt and behaved today, to what extent do you agree with the following statements?

NOT AT ALL

SOMEWHAT

VERY MUCH

I acted in a way that could be hurtful to my partner       

I was critical or unpleasant toward my partner       

I wanted to be left alone and/or spend less time
with my partner       

I withdrew from my partner and did my own thing       

*Sample 1 Longitudinal Measure of Relationship Satisfaction*

**Rate each item with reference to how you think and feel about your current relationship.**

|  |
| --- |
| I feel satisfied with our relationship. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship is much better than others’ relationships. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship is close to ideal. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship makes me very happy. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |
| Our relationship does a good job of fulfilling my needs for intimacy, companionship, etc. |
| ***Strongly disagree*** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ***Strongly agree*** |

*Sample 2 Longitudinal Measure of Relationship Satisfaction*

|  |
| --- |
| **Rate each item with reference to how YOU think and feel about your current ROMANTIC RELATIONSHIP.** |
| **How satisfied are you with your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How committed are you to your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How close is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How much do you trust your partner?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How passionate is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How much do you love your partner?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |
| **How romantic is your relationship?** |
| *Not at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Extremely* |

*Sample 1 and 2 Longitudinal Measure of Perceived Partner Responsiveness*

**On this scale you will rate how closely your partner meets your ideals. For each item consider how your partner compares to your expectations in terms of your ideal partner.** For example, if you think your partner’s level of understanding matches how you ideally would like your partner to be on this attribute, circle 7 for the first item. If your partner only moderately meets your ideal for understanding, circle 4, and if your partner does not meet your ideal on this attribute at all, circle 1. **Rate each factor below in terms of the extent to which your CURRENT ROMANTIC PARTNER MATCHES YOUR IDEAL on each attribute. Circle ONE number in each scale.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Understanding** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Supportive** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Kind** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Good Listener** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Sensitive** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |
| **Considerate** | *Does not match at all* | 1 | 2 | 3 | 4 | 5 | 6 | 7 | *Completely matches my ideal* |