



Kelly M. Chadwick, LCSW, LLC

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Couples Four Horsemen Self-Test

Please circle “**Yes**” if the statement is true for you and “**No**” if it is not true for you.

I will discuss the results with you in session, along with the meaning of “The Four Horsemen.”

1. Yes No At times, during an argument, I think it is best just not to respond at all.
2. Yes No During an argument I keep thinking of ways to retaliate.
3. Yes No During a hot argument I think, “It doesn’t matter what you say” and I stop listening.
4. Yes No During arguments, it is important to me to point out inaccuracies or explain my position.
5. Yes No I don’t get credit for all the positive things I do in our relationship.
6. Yes No When my partner is upset, I think “I don’t have to take this kind of treatment.”
7. Yes No When I see a glaring fault in my partner I can’t recall my partner’s positive qualities.
8. Yes No I hate it when things in our discussions stop being rational.
9. Yes No My partner can be pretty stubborn, arrogant and smug at times.
10. Yes No I let things build up for a long time before I complain. I don’t complain until I feel very hurt.
11. Yes No I often feel a sense of righteous indignation when my partner is complaining.
12. Yes No I only bring up problems if I know I’m right and want my partner to accept my point of view.
13. Yes No I point out patterns and analyze my partner’s personality as part of my complaints.
14. Yes No I think that it is best to withdraw to calm down, avoid a big fight and not get my feelings hurt.
15. Yes No I withdraw when my partner’s emotions seem out of control.
16. Yes No In a disagreement, I think it’s important to determine who is at fault.
17. Yes No In a discussion, I make general points instead of being specific about one situation or action.
18. Yes No In arguments I may be emotional, sarcastic, or call my partner names. Later, I regret this.
19. Yes No It’s hard for me to see my partner’s point of view when I don’t agree.
20. Yes No When complaining to or about my partner, I use phrases like “you always” or “you never”.
21. Yes No My partner is too touchy and gets his/her feelings hurt too easily.
22. Yes No To avoid blame, I have to explain why and how the problem arose.
23. Yes No When my partner complains, I feel like I just want to get away from there.
24. Yes No When my partner complains, I have to control myself to keep from saying what I really feel.
25. Yes No When my partner complains, I realize that I also have complaints that need to be heard.
26. Yes No In arguments, sometimes my response is to sigh, or roll my eyes.



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Couples Four Horsemen Self-Test Results

Circle any numbers you said "Yes" to	How many items did you circle?
4 10 12 13 16 17 20	
2 7 9 18 19 21 26	
2 3 4 5 11 21 22 25	
1 3 6 8 14 15 23 24	

Client One Name: _____

Date: _____

Adapted from John Gottman, 1994, *Why Marriages Succeed or Fail*.



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Client Two Name: _____

Date: _____

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