



OVERALL SATISFACTION

Two components in measuring Overall Satisfaction:

- Individual Satisfaction
 - Scores based on the average of each person's Individual Scores across the core relationship categories
- Couple Satisfaction
 - Scores based on the average of the couple's Positive Couple Agreement (PCA) scores across the core relationship categories

IDEALISTIC DISTORTION

Idealistic Distortion measures how much a person is wearing “rose-colored glasses” and is used to revise or correct individual scores. Idealistic Distortion is not used to adjust Positive Couple Agreement (PCA) scores.

RELATIONSHIP DYNAMICS

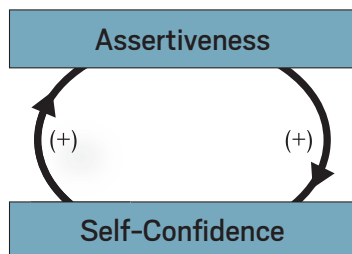
Four key relationship dynamics that affect couple success:

- **Assertiveness** – the ability to express one's feelings and ask for what one wants
- **Self-Confidence** – how good one feels about oneself and their ability to accomplish what they want in life
- **Avoidance** – the tendency to minimize issues and reluctance to deal with issues directly
- **Partner Dominance** – how much one feels controlled or dominated by their partner

CYCLES OF RELATIONSHIP DYNAMICS

Positive Cycle

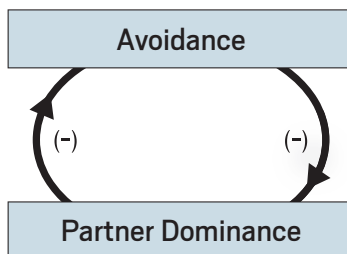
There is a positive cycle between Assertiveness and Self Confidence.



(Goal is to strengthen the Positive Cycle)

Negative Cycle

There is a negative cycle between Avoidance and Partner Dominance.



(Goal is to reduce the Negative Cycle)

Those high in Assertiveness:

- Score higher in Self Confidence
- Tend to like the personality of their partner
- Feel good about their Communication and Conflict Resolution skills
- Score lower in Avoidance and Partner Dominance

Those high in Avoidance:

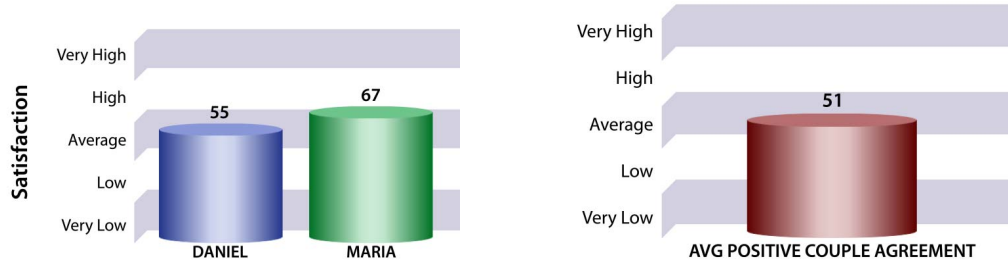
- Score higher in Partner Dominance
- Tend to dislike the personality of their partner
- Are less satisfied with their Communication and Conflict Resolution skills
- Score lower in Self Confidence and Assertiveness



CREATING A WISH LIST

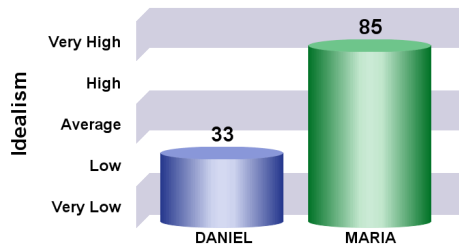
Overall Satisfaction

The graphs below plot the **Overall Satisfaction** for each individual and the couple, based on the Core Scales.



Idealistic Distortion

Idealistic Distortion measures the extent to which a person distorts the relationship in a positive direction.



Interpretation of Idealism

A high score (above 65%) indicates that a person describes the relationship in an overly positive manner and sees it through "rose colored" glasses. A lower score (below 40%) indicates a more realistic approach to describing the relationship.

Revised Individual Scores

In order to provide more accurate Individual Scores for each category, each person's Individual Scores are corrected based on how high their score is on Idealistic Distortion.

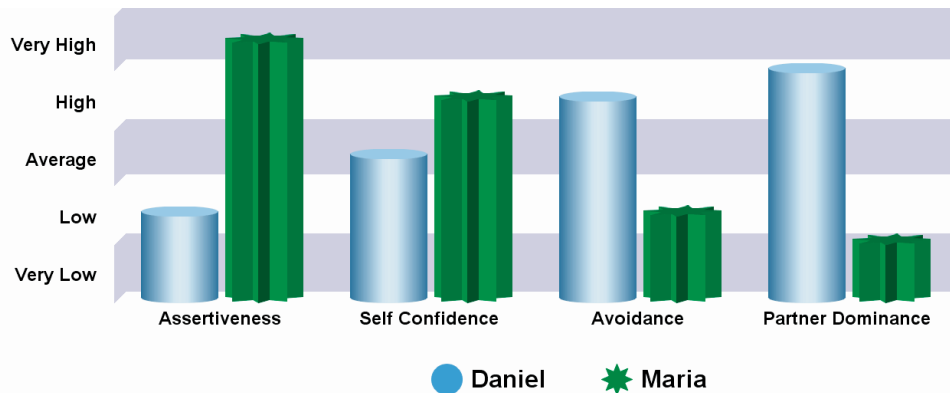
Daniel is generally realistic and open to admitting limitations or problems in their relationship.

Maria is often idealistic about their relationship and may tend to deny or minimize problems.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Daniel	Maria	Idealistic Distortion Items
2	4	Every new thing I have learned about my partner has pleased me.
4	5	I have never regretted my relationship with my partner.
2	4	My partner always gives me the love and affection I need.
2	4	My partner and I understand each other completely.
1	4	My partner completely understands and sympathizes with my every mood.
3	3	My partner has all the qualities I've always wanted in a mate.
3	4	We are as happy as any couple could possibly be.

Relationship Dynamics



Assertiveness is the ability to express one's feelings and ask for what one wants.

Daniel: **Low**

Daniel has some difficulty expressing thoughts and feelings, and sometimes finds it difficult to ask for what he/she wants in the relationship.

Maria: **Very High**

Maria is good at openly expressing thoughts and feelings and can easily ask for what he/she wants in the relationship.

Self-Confidence focuses on how good one feels about oneself and their ability to accomplish what they want in life.

Daniel: **Average**

Daniel has a moderate level of Self Confidence and may generally have positive self-esteem, and typically feels good about his/her ability to accomplish what is wanted in life.

Maria: **High**

Maria has a high level of Self Confidence, positive self-esteem, and feels assurance of his/her ability to effectively accomplish what is wanted in life.

Avoidance is the tendency to minimize issues and a reluctance to deal with issues directly.

Daniel: **High**

Daniel scored in the high range and may tend to minimize problems and be reluctant to deal directly with issues.

Maria: **Low**

Maria scored low in avoidance and will generally be open to identifying and discussing issues in their relationship.

Partner Dominance focuses on how much one feels controlled or dominated by their partner.

Daniel: **High**

Daniel scored in the high range in Partner Dominance and may often feel his/her partner is dominant, controlling, or interested in managing his/her life.

Maria: **Very Low**

Maria scored in the very low range in Partner Dominance and does not feel his/her partner is dominant, controlling, or interested in managing his/her life.



COMMUNICATION

*"It is a luxury to be understood."
—Ralph Waldo Emerson*

CREATING A WISH LIST

In this exercise, you will each individually make a Wish List of things you would like more or less of in your relationship. Next, take turns sharing your Wish Lists with each other.

Assertiveness is the ability to express your feelings and ask for what you want in your relationship.

Active listening is the ability to let your partner know you understand them by restating their message.

In sharing your Wish List with your partner, you will be demonstrating your Assertiveness skills. In giving feedback to your partner about their Wish List, you will be demonstrating your Active Listening skills.

Make a Wish List of three things you would like more or less of in your relationship.

1. _____
2. _____
3. _____

SHARING YOUR WISH LIST

Take turns sharing your Wish List with each other, keeping in mind the following:

- Speaker's Job:
 - Speak for yourself ("I" statements e.g. "I wish...").
 - Describe how you would feel if your wish came true.
- Listener's Job:
 - Repeat/summarize what you have heard.
 - Describe the wish AND how your partner would feel if the wish came true.

COUPLE DISCUSSION

After completing the Wish List Exercise, discuss the following questions:

- How good were each of you at being assertive?
- In what ways did you each effectively use active listening skills?

