

## FLOODING QUESTIONNAIRE

To determine whether flooding is a significant problem in your relationship, answer the following questions.

Read each statement and circle T for “true” or F for “false.”

1. Our discussions get too heated. **TF**
2. I have a hard time calming down. **TF**
3. One of us is going to say something we will regret. **TF**
4. My partner gets too upset. **TF**
5. After a fight, I want to keep my distance. **TF**
6. My partner yells unnecessarily. **TF**
7. I feel overwhelmed by our arguments. **TF**
8. I can't think straight when my partner gets hostile. **TF**
9. Why can't we talk more logically? **TF**
10. My partner's negativity often comes out of nowhere. **TF**
11. There's often no stopping my partner's temper. **TF**
12. I feel like running away during our fights. **TF**
13. Small issues suddenly become big ones. **TF**
14. I can't calm down very easily during an argument. **TF**
15. My partner has a long list of unreasonable demands. **TF**

**Scoring:** Give yourself 1 point for each “true” answer.

**Below 6:** Flooding is not a significant problem in your marriage. You are able to confront differences of opinion with your spouse without feeling overwhelmed. This means that you are not feeling victimized or hostile toward your spouse during disagreements. That's good news since it indicates that you are able to communicate with each other without negativity getting out of hand. As a result, you're better able to resolve conflicts (and avoid gridlock over issues that are unresolvable).

**6 or higher:** Your score suggests that you tend to get flooded during arguments with your spouse. Flooding almost guarantees that your discussion won't end the conflict. You are feeling too agitated to really hear what your spouse is saying or to learn any helpful conflict-resolution skills. Read on to find out how to cope with this problem.