

Conflict Tactic Scale

No matter how well a couple gets along, there are times when they disagree, get annoyed with the other person, want different things from each other, or just have spats or fights because they are in a bad mood, are tired, or for some other reason. Couples also have many different ways of trying to settle their differences. This is a list of things that might happen when you have differences. Please circle how many times you did each of these things **IN THE PAST 4 MONTHS**, and how many times your partner did them in the **IN THE PAST 4 MONTHS**. If you or your partner did not do one of these things in the past 4 months, but it happened before that, circle "0".

How often did this happen?

- | | |
|--|---|
| 0 = Not in the past 4 months, but it did happen before | 4 = 6-10 times in the past 4 months |
| 1 = Once in the past 4 months | 5 = 11-20 times in the past 4 months |
| 2 = Twice in the past 4 months | 6 = More than 20 times in the past 4 months |
| 3 = 3-5 times in the past 4 months | 9 = This has never happened |

1. I showed my partner I cared, even though we disagreed	0 1 2 3 4 5 6 9
2. My partner showed care for me, even though we disagreed	0 1 2 3 4 5 6 9
3. I explained my side of a disagreement to my partner	0 1 2 3 4 5 6 9
4. My partner explained his/her side of a disagreement to me	0 1 2 3 4 5 6 9
5. I insulted or swore at my partner	0 1 2 3 4 5 6 9
6. My partner did this to me	0 1 2 3 4 5 6 9
7. I threw something at my partner that could hurt him/her	0 1 2 3 4 5 6 9
8. My partner did this to me	0 1 2 3 4 5 6 9
9. I twisted my partner's arm or hair	0 1 2 3 4 5 6 9
10. My partner did this to me	0 1 2 3 4 5 6 9
11. I had a sprain, bruise, or small cut because of a fight with my partner	0 1 2 3 4 5 6 9
12. My partner had a sprain, bruise, or small cut because of a fight with me	0 1 2 3 4 5 6 9
13. I showed respect for my partner's feelings about an issue	0 1 2 3 4 5 6 9
14. My partner showed respect for my feelings about an issue	0 1 2 3 4 5 6 9
15. I made my partner have sex without a condom	0 1 2 3 4 5 6 9
16. My partner did this to me	0 1 2 3 4 5 6 9
17. I pushed or shoved my partner	0 1 2 3 4 5 6 9
18. My partner did this to me	0 1 2 3 4 5 6 9
19. I used force (like hitting, holding down, or using a weapon) to make my partner have oral or anal sex	0 1 2 3 4 5 6 9
20. My partner did this to me	0 1 2 3 4 5 6 9
21. I used a knife or gun on my partner	0 1 2 3 4 5 6 9
22. My partner did this to me	0 1 2 3 4 5 6 9
23. I passed out from being hit on the head by my partner in a fight with me	0 1 2 3 4 5 6 9
24. My partner passed out from being hit on the head in a fight with me	0 1 2 3 4 5 6 9
25. I called my partner fat or ugly	0 1 2 3 4 5 6 9
26. My partner called me fat or ugly	0 1 2 3 4 5 6 9
27. I punched or hit my partner with something that could hurt	0 1 2 3 4 5 6 9
28. My partner did this to me	0 1 2 3 4 5 6 9
29. I destroyed something belonging to my partner	0 1 2 3 4 5 6 9
30. My partner did this to me	0 1 2 3 4 5 6 9
31. I went to a doctor because of a fight with my partner	0 1 2 3 4 5 6 9
32. My partner went to a doctor because of a fight with me	0 1 2 3 4 5 6 9

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Never

33. I choked my partner	0	1	2	3	4	5	6	9
34. My partner did this to me	0	1	2	3	4	5	6	9
35. I shouted or yelled at my partner	0	1	2	3	4	5	6	9
36. My partner did this to me	0	1	2	3	4	5	6	9
37. I slammed my partner against a wall	0	1	2	3	4	5	6	9
38. My partner did this to me	0	1	2	3	4	5	6	9
39. I said I was sure we could work out a problem	0	1	2	3	4	5	6	9
40. My partner was sure we could work it out	0	1	2	3	4	5	6	9
41. I needed to see a doctor because of a fight with my partner, but I didn't	0	1	2	3	4	5	6	9
42. My partner needed to see a doctor because of a fight with me, but didn't	0	1	2	3	4	5	6	9
43. I beat up my partner	0	1	2	3	4	5	6	9
44. My partner did this to me	0	1	2	3	4	5	6	9
45. I grabbed my partner	0	1	2	3	4	5	6	9
46. My partner did this to me	0	1	2	3	4	5	6	9
47. I used force (like hitting, holding down, or using a weapon) to make my partner have sex	0	1	2	3	4	5	6	9
48. My partner did this to me	0	1	2	3	4	5	6	9
49. I stomped out of the room or house or yard during a disagreement	0	1	2	3	4	5	6	9
50. My partner did this to me	0	1	2	3	4	5	6	9
51. I insisted on sex when my partner did not want to (but did not use physical force)	0	1	2	3	4	5	6	9
52. My partner did this to me	0	1	2	3	4	5	6	9
53. I slapped my partner	0	1	2	3	4	5	6	9
54. My partner did this to me	0	1	2	3	4	5	6	9
55. I had a broken bone from a fight with my partner	0	1	2	3	4	5	6	9
56. My partner had a broken bone from a fight with me	0	1	2	3	4	5	6	9
57. I used threats to make my partner have oral or anal sex	0	1	2	3	4	5	6	9
58. My partner did this to me	0	1	2	3	4	5	6	9
59. I suggested a compromise to a disagreement	0	1	2	3	4	5	6	9
60. My partner did this to me	0	1	2	3	4	5	6	9
61. I burned or scalded my partner on purpose	0	1	2	3	4	5	6	9
62. My partner did this to me	0	1	2	3	4	5	6	9
63. I insisted my partner have oral or anal sex (but did not use physical force)	0	1	2	3	4	5	6	9
64. My partner did this to me	0	1	2	3	4	5	6	9
65. I accused my partner of being a lousy lover	0	1	2	3	4	5	6	9
66. My partner accused me of this	0	1	2	3	4	5	6	9
67. I did something to spite my partner	0	1	2	3	4	5	6	9
68. My partner did this to me	0	1	2	3	4	5	6	9
69. I threatened to hit or throw something at my partner	0	1	2	3	4	5	6	9
70. My partner did this to me	0	1	2	3	4	5	6	9
71. I felt physical pain that still hurt the next day because of a fight with my partner	0	1	2	3	4	5	6	9
72. My partner still felt physical pain the next day because of a fight we had	0	1	2	3	4	5	6	9
73. I kicked my partner	0	1	2	3	4	5	6	9
74. My partner did this to me	0	1	2	3	4	5	6	9
75. I used threats to make my partner have sex	0	1	2	3	4	5	6	9
76. My partner did this to me	0	1	2	3	4	5	6	9
77. I agreed to try a solution to a disagreement my partner suggested	0	1	2	3	4	5	6	9
78. My partner agreed to try a solution I suggested	0	1	2	3	4	5	6	9