

PTSD SOLUTIONS THERAPY

Name _____

Date _____

Instructions

It is important that you be very careful in answering all of the questions and be as honest as you possibly can. On this form your 5 possible choices in responding to each item range from 0 to 4, “Strongly Disagree” to “Strongly Agree.” You are to place the most appropriate number at the end of each statement (number) that best represents your feeling or attitude about each item. There are two parts to the inventory, as you will notice in the provided material.

In the first part, (Part I) you are to answer the way that you felt about your relationship with a significant other spouse (partner) **before receiving RESET Therapy** treatment. It is labeled: How my relationship was before RESET treatment. In the second part (Part II) you are to answer “How Things Are Now” **AFTER RESET Therapy** treatment.

Part I: How my relationship wad BEFORE RESET Treatment:

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

1. My partner listens to me when I need someone to talk to. 1. _____
2. We enjoy spending time with other couples. 2. _____
3. I am satisfied with the level of affection in our relationship. 3. _____
4. My partner helps me clarify my thoughts and feelings. 4. _____
5. We enjoy the same recreational activities. 5. _____

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

6. My partner has all of the qualities I've always wanted in a mate. 6. _____
7. I can state my feelings without her/him getting defensive. 7. _____
8. As a couple, we usually “keep to ourselves.” 8. _____
9. I feel our level of affection is just routine. 9. _____
10. When having a serious discussion, it seems we have little in common. 10. _____

0 **1** **2** **3** **4**
Strongly Disagree **Somewhat Disagree** **Neutral** **Somewhat Agree** **Strongly Agree**

- 11. I share in few of my partner's interests. 11. _____
- 12. There are times when I do not feel a great deal of love and affection for my partner. 12. _____
- 13. I often feel distant from my partner. 13. _____
- 14. We have few friends in common. 14. _____
- 15. I am able to tell my partner when I want sexual intimacy 15. _____

0 **1** **2** **3** **4**
Strongly Disagree **Somewhat Disagree** **Neutral** **Somewhat Agree** **Strongly Agree**

- 16. I feel "put - down" in a serious conversation with my partner. 16. _____
- 17. We like playing and having fun together. 17. _____
- 18. Every new thing I have learned about my partner has pleased 18. _____
- 19. My partner can really understand my hurts and joys. 19. _____
- 20. Having time together with friends is an important part of our shared activities. 20. _____

0 **1** **2** **3** **4**
Strongly Disagree **Somewhat Disagree** **Neutral** **Somewhat Agree** **Strongly Agree**

- 21. Because of my partner's lack of caring, I "hold back" my sexual interest. 21. _____
- 22. I feel it is useless to discuss some things with my partner. 22. _____
- 23. We enjoy the out of doors together. 23. _____
- 24. My partner and I understand each other completely. 24. _____
- 25. I feel neglected at times by my partner. 25. _____

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

- 26. Many of my partner's closest friends are also my closest friends. 26. _____
- 27. Sexual expression is an essential part of our relationship. 27. _____
- 28. My partner seldom tries to change my ideas. 28. _____
- 29. We seldom find time to do fun things together. 29. _____
- 30. My partner has some negative traits that bother me. 30. _____

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

- 31. I sometimes feel lonely when we're together. 31. _____
- 32. My partner disapproves of some of my friends. 32. _____
- 33. My partner seems disinterested in sex. 33. _____
- 34. We have an endless number of things to talk about. 34. _____
- 35. We share few of the same interests. 35. _____
- 36. I have some needs that are not being met by my relationshi 36. _____

Part II: How my relationship is AFTER RESET Treatment:

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

- 1. My partner listens to me when I need someone to talk to. 1. _____
- 2. We enjoy spending time with other couples. 2. _____
- 3. I am satisfied with the level of affection in our relationship. 3. _____
- 4. My partner helps me clarify my thoughts and feelings. 4. _____
- 5. We enjoy the same recreational activities. 5. _____

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

- 6. My partner has all of the qualities I've always wanted in a mate. 6. _____
- 7. I can state my feelings without her/him getting defensive. 7. _____
- 8. As a couple, we usually "keep to ourselves." 8. _____
- 9. I feel our level of affection is just routine. 9. _____
- 10. When having a serious discussion, it seems we have little in common. 10. _____

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

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- 12. There are times when I do not feel a great deal of love and affection for my partner. 12. _____
- 13. I often feel distant from my partner. 13. _____
- 14. We have few friends in common. 14. _____
- 15. I am able to tell my partner when I want sexual intimacy 15. _____

0 **1** **2** **3** **4**
Strongly **Somewhat** **Neutral** **Somewhat** **Strongly**
Disagree **Disagree** **Agree** **Agree**

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Disagree **Disagree** **Agree** **Agree**

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