

# The Marriage POOP Detector

*Instructions:* Use this questionnaire to assess how things went in your marriage today (or lately), and whether you want to *gently* bring up an issue that will draw the two of you closer. Check as many as you think apply.

1. I have been irritable lately.
2. I have been feeling emotionally distant
3. There has been a lot of tension between us.
4. I find myself wanting to be somewhere else.
5. I have been feeling lonely.
6. My partner has seemed emotionally unavailable to me.
7. I have been angry lately.
8. We have been out of touch with each other.
9. My partner has little idea of what I am thinking lately.
10. We have been under a great deal of stress and it has taken its toll on us.
11. I wish we were closer right now.
12. I have wanted to be alone a lot lately.
13. My partner has been irritable lately.
14. My partner has been emotionally distant
15. My partner's attention seems to be somewhere else.
16. I have been emotionally unavailable to my partner.
17. My partner has been angry lately.
18. I have little idea of what my partner is thinking lately.
19. My partner has wanted to be alone a lot lately.
20. We really need to talk.
21. We haven't been communicating very well lately.
22. We have been fighting more than usual.
23. Lately small issues escalate.
24. We have been hurting one another's feelings lately.
25. There hasn't been very much fun or joy in our lives lately.
26. My partner seems to have no time or energy for me lately.
27. I have been feeling sorry for myself lately.
28. We have had little time or energy for physical affection.
29. We are not making love very much.
30. I wish my partner would touch me more often.