

Frequently Asked Questions for Couples

What is The Gottman Relationship Checkup?

The Gottman Relationship Checkup is an online assessment tool created by Drs. John and Julie Gottman in collaboration with The Gottman Institute in Seattle, Washington. The assessment is composed of 480 questions in 5 categories: Friendship and Intimacy, The Safety Scales, The Conflict Scales, The Shared Meaning System, and Individual Areas of Concern. Question topics include friendship, intimacy, conflict, finances, children, trust, commitment, drug and alcohol screenings, and individual issues that can put a relationship at risk.

Where do the questions on the assessment come from? How do we know that answering these questions can actually help our relationship?

Dr. John Gottman is a clinical psychologist who has completed more than 40 years of research on relationships and couples. Dr. Julie Gottman is a clinical psychologist who has extensive experience in private practice and teaching settings. Together, they created this research-based assessment for couples as a method for learning the strengths and challenges of a relationship and subsequently determining a treatment plan.

How long does it take to complete the assessment?

The actual time it takes to complete each questionnaire varies based on individual responses, the complexity of relationship dynamics, and the choice to use optional comment areas to provide additional information about the relationship. However, on average, you can expect it will take between one and two hours to complete the assessment.

If I don't want to take the test all at once, can I stop taking it and resume later?

Yes! The pace and timing for completing the assessment is entirely up to you. You can answer the questionnaires all in one

sitting or work on them over time. If you choose to take a break, simply log out of your profile. When you return, the system will remember where you left off and will resume at that point.

Can my partner and I see one another's answers while I am taking the test?

No. Before you start the assessment, you will each create a separate online profile with a unique login and password. Neither of you can access the other's information at any time, and we encourage you not to share your login information with your partner in order to preserve the integrity and effectiveness of the questionnaire.

While taking the assessment, do I have to answer all the questions or can I skip the ones I don't want to answer?

For therapy to be successful, it is important that your therapist understands all of the issues occurring in the relationship. With this in mind, it is not possible to skip questions or to shorten the assessment. However, many questions have optional comment areas intended for clarification or for further explanation of your responses. These can be used as a way to explain your thoughts about specific questions - positive or negative - and to add any important details you would like your therapist to have about a particular question, topic, or concern.

Will I get a copy of my results?

When you and your partner have both completed your individual assessments, a thorough analysis of your relationship - including your scores - will be uploaded to your therapist's dashboard. Your therapist will then be able to review the analysis with you and discuss any suggested steps for improving your relationship. Please ask your therapist for his or her policy about providing you with a printed copy of these results as it varies among clinicians and practices.