



The DAMAGE PREDICTOR TEST (DPT) Worksheet

By: Temples Counsel & Mind Academy

NOTE – Encourage your partner to fill this sheet as candidly as they can. This is a therapy-centered exercise and nothing disclosed in-session should be weaponized / used against your partner outside of this safe environment.

PROCESS: At Temple's Counsel & Mind Academy, our DPT places emphasis on understanding where the client/couples currently is/are with their marriage.

This begins the process of negative emotion unbundling and healing. It usually begins the journey of re-discovery for many willing couples.

OUR GOAL: Fixing a marriage is never easy. Both you and your significant other need to be 100% honest about your flaws and fully committed to making significant changes that will spark the passion and strengthen your union. However in a situation where one of the parties is embarking on this quest of self-rediscovery and balance alone, the validation center needs to be internalized.

Course Aims and Outcomes:

By course completion, the couple will be able to:

- Understanding Where You Are
 - Emotionally
 - Mentally/Physically
 - Spiritually
- Facing the Concerns
- Unbundling Negative Emotions
- Building & Re-inforcing Positive Qualities
- Healing

NOTE – Encourage your partner to fill this sheet as candidly as they can. This is a therapy-centered exercise and nothing disclosed in-session should be weaponized / used against your partner outside of this safe environment.

Gottman relationship scale:

Instructions: Rank each item below — as **Strongly Agree (5 points)** , **Agree (4 points)**, **Neutral (3 points)**, **Disagree (2 points)**, **Strongly Disagree (1 point)**

— telling us the extent to which at this time you agree or disagree with each statement. At the end, tally up each category and use our key to interpret your results.

- ◆ I feel emotionally close to my partner.
- ◆ I think that my partner really cares about me.
- ◆ I feel confident that we can deal with whatever problems might arise.
- ◆ I would consider myself happy in this relationship.
- ◆ My partner really listens to me.
- ◆ I feel that my partner finds me physically attractive.
- ◆ I can talk to my partner about anything.
- ◆ I feel that my partner is very interested in me.
- ◆ I feel respected by my partner.
- ◆ I am committed to staying together.
- ◆ I have a great deal of respect and admiration for my partner.
- ◆ My partner really tries hard to meet my needs.
- ◆ My partner respects my dreams in life.
- ◆ My partner is one of my best friends.
- ◆ My partner rarely puts me down.

How to read your results:

Above 55: You're emotionally close to your partner, a sign that your relationship is going strong. "Trust is the number one thing that makes a relationship work," Gottman adds.

45-55: Your relationship may have once been solid, but recently some cracks have begun to show. "[People] who are listening and interested in their partner's day are more likely to build trust and commitment and be better partners," says Gottman.

35-44: If you've been unable to cope with problems that have plagued your relationship recently, Gottman recommends taking a couple's seminar to realign your relationship goals and individual needs.

Less than 35: It's time to bring in the pros and seek a couples therapist immediately. "Criticism, defensiveness, contempt and stonewalling are the best predictors of a doomed relationship," says Gottman.