Positive Behaviors Checklist

Week of Monday, _____

Behaviors	Mon		Tues		Wed		Thu		Fri		Sat		Sun	
	H	W	H	W	H	W	H	W	H	W	H	W	H	W
1. Softened startup														
2. Make / accept repairs														
3. Apologize														
4. Express thoughts & feelings														
5. Ask about thoughts & feelings														
6. Empathize														
7. Ask about point of view														
8. Express understanding														
9. Ask about/express wants														
10. Discuss and support dreams														
11. Listen														
12. Cope with flooding														
13. Columbo														
14. Suggest collaboration														
15. Give compliments														
16. Express gratitude														
17. Express affection														
18. Give emotional support														
19. Offer to help / Help														
20. Accept influence, compromise														
21. Enhance love maps														
22. Joint activities														
23. Make / grant requests														
24. Give gifts														
25. Show interest														
26. Bid for connection														
27. Bad / worse														
28. *No contempt*														
29. *No criticism*														
30. *No stonewalling*														
31. *No defensiveness*														
32. *No belligerence*														
33. *No dominance*														
34. Checklist PM														
35.														
Totals														
Marital Satisfaction (1-10)														