

# Relationship Stress Continuum Scale

READY	REACTING	INJURED	ILL
<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>• Adaptive coping as a couple</li> <li>• Effective functioning as a couple</li> <li>• Both partners have an overall sense of well-being</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>• Sharing of financial vision and mutual commitment to long and short term plan (What is mine is ours)</li> <li>• Both attend to their own mental and physical well-being</li> <li>• Both experience satisfaction and enjoyment of intimacy (Love, sex and affection)</li> <li>• Both feel heard and listened to by the other (“communication strong”)</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>• Mild and transient distress or loss of functioning as a couple</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>• Partner(s) begin to worry and become anxious over financial stability due to stress (ex. cutting corners)</li> <li>• Less attention to mental and physical well-being (ex. less exercise and more substance use)</li> <li>• Both begin to experience symptoms such as worry, irritability, poor sleep, poor focus, and social isolation or decreased mental focus</li> <li>• Less satisfaction and enjoyment of intimacy (relations become rote, less often )</li> <li>• Rules for fighting fair not as observed and couple begins to tune out. (“communication neutral”)</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>• More severe and persistent distress or loss of functioning as a couple</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>• Partners experience financial breakdown of some kind (ex. increased debt resulting in injury)</li> <li>• Partners begin to experience more severe symptoms with regard to mental and physical well-being. (Fatigue, grief, moral injury, loss of control, can’t sleep, panic or rage, apathy, shame or guilt)</li> <li>• Partners become “intimacy avoidant”. Infidelity may start to occur. Couple may begin to sleep in separate rooms.</li> <li>• Rules for fighting fair broken (“communication weak and in need of repair”)</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>• Breakdown of relationship starts to occur, sometimes resulting in steps towards separation and divorce. Severe and persistent distress or loss of functioning as a couple</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>• Partners start to sabotage each other financially and separate out accounts (ours becomes mine)</li> <li>• Partners start to symptomize into full blown disorders or disease (ex. PTSD, depression, anxiety, substance abuse)</li> <li>• Intimacy becomes non-existent and there may be infidelity without remorse. Partners becomes isolated from one another</li> <li>• Rules for fighting fair consistently broken (communication broken)</li> </ul>

1	2	3	4	5	6	7	8	9	10
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