

This questionnaire is designed to measure the degree of satisfaction you have with your present marriage. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

1 = None of the time

2 = Very rarely

3 = A little of the time

4 = Some of the time

5 = A good part of the time

6 = Most of the time

7 = All of the time

1. _____ My partner is affectionate enough.
2. _____ My partner treats me badly.
3. _____ My partner really cares for me.
4. _____ I feel that I would not choose the same partner if I had it to do over again.
5. _____ I feel that I can trust my partner.
6. _____ I feel that our relationship is breaking up.
7. _____ My partner really doesn't understand me.
8. _____ I feel that our relationship is a good one.
9. _____ Ours is a very happy relationship.
10. _____ Our life together is dull.
11. _____ We have a lot of fun together.
12. _____ My partner does not confide in me.
13. _____ Ours is a very close relationship.
14. _____ I feel that I cannot rely on my partner.

15. _____ I feel that we do not have enough interests in common.
16. _____ We manage arguments and disagreements very well.
17. _____ I feel that I should never have married my partner.
18. _____ My partner and I get along very well together.
19. _____ Our relationship is very stable.
20. _____ My partner is a real comfort to me.
21. _____ I feel that I no longer care for my partner.
22. _____ I feel that the future looks bright for our relationship.
23. _____ I feel that our relationship is empty.
24. _____ I feel there is no excitement in our relationship.
25. _____ We do a good job of managing our finances.
26. _____ We agree on how to parent our children.
27. _____ We have similar spiritual beliefs.
28. _____ I am happy with our level of intimacy and sexuality.
29. _____ We have very similar values and beliefs.
30. _____ We both agree and are working toward mutual goals for our future.

Looking at your answers to the questions above, how satisfied are you with your relationship?