

Client: \_\_\_\_\_

Date:     /     /

## *Marriage Satisfaction Scale*

Marital relationships are complex institutions! In order to improve the quality of a marriage, it helps to take a systematic look at how it is functioning. Here is a questionnaire you can use as a general guide for evaluating your marital satisfaction.

After each question below write down the number that most closely approximates your present feelings about your marriage or your spouse. On a scale of one to ten, 10 is "pleased," 5 is "half yes/half no," and 0 is "not pleased."

(YOUR PERCEPTION OF YOUR MARRIAGE) I AM ...	RATING
1. Pleased with the amount we talk to each other.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
2. Happy with the friends we share in common.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
3. Satisfied with our sex life.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
4. In agreement with the amount of time you or we spend at work and at home.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
5. In agreement with the way we are spending money.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
6. Pleased with the kind of parent you are. (This refers to the way your spouse interacts with the children.)	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
7. Of the opinion that you are "on my team."	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
8. Pleased with our leisure time together (e.g., sports, vacations, outings, etc.).	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
9. Basically in agreement with your outlook on life (e.g., values, attitudes, religious beliefs, politics, etc.).	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
10. Generally pleased with the way you relate to members of your own family. (This refers to your spouse's parents, siblings, etc.)	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
11. Satisfied with the way you relate to members of my family. (This refers to your own parents, siblings, etc.)	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH
12. Pleased with your general habits, mannerisms, and overall appearance.	LOW <u>0</u> 1 2 3 4 <u>5</u> 6 7 8 9 <u>10</u> HIGH

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