

MARITAL SATISFACTION QUESTIONNAIRE

NAME: _____ DATE: _____

DIRECTIONS

1 2 3 4 5 6 7 8 9 10
 Not pleased Somewhat pleased Very pleased

In the first space after each item please write down the number that most closely and honestly reflects your present feelings about your marriage/relationship or spouse/partner. In the second space, estimate how you believe your spouse/partner would respond to the item if he/she were completing the questionnaire. Work as quickly as possible, trying not to spend too much time on any one item.

I AM:	<u>You</u>	<u>Spouse</u>
Pleased with the amount we talk to each other.	_____	_____
Pleased with the <i>quality</i> of our communication (e.g., pleasant, constructive, vs. insensitive, hostile, etc.)	_____	_____
Satisfied with our sex life.	_____	_____
Satisfied with the way we are spending/managing money.	_____	_____
Satisfied with the amount of time we spend together.	_____	_____
Happy with our social life and friends we share in common.	_____	_____
Pleased with the kind of parent my spouse/partner is. (If you have no children, rate your level of satisfaction about this fact.)	_____	_____
Of the opinion that my spouse/partner is “on my team”.	_____	_____
Pleased with our leisure time together (e.g., vacations, sports, outings, etc.)	_____	_____
Basically in agreement with my spouse’s/partner’s outlook on life (e.g., values religious beliefs, political ideas, etc.)	_____	_____
Content with degree of affection that is given and received.	_____	_____
Able to trust what my spouse/partner says and does.	_____	_____

MARITAL SATISFACTION QUESTIONNAIRE - continued

1 2 3 4 5 6 7 8 9 10
Not pleased Somewhat pleased Very pleased

I AM:

You Spouse

Content about my partner's smoking, drinking or other habits.

Pleased with my relationship(s) with members of my spouse's/partner's family (e.g., his or her parents, siblings, and other relatives).

Pleased with the way my spouse/partner relates to members of my own family (i.e., your parents, siblings, etc.).

Pleased with my spouse's/partner's overall appearance.
