

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

ADD UP YOUR SCORE:

score: _____

- 84 and more means that you have a VERY GOOD marriage.
- Between 72-83 reflects SATISFACTORY to GOOD feelings and interactions.
- A score of 61-71 suggests that you need to make some basic changes.
- Below 60 indicates a POOR level of marital satisfaction.

-
- Marriages that are bankrupt usually call for divorce counseling so that the husband and wife part amicably.
 - Usually, however, people whose levels of satisfaction are this low don't consult psychologist . . . they head straight for the lawyers!
 - Many marriages can be improved so that couples can experience more joy than grief. People who believe that nothing can be done to improve a bad marriage are usually incorrect. It is difficult, but not impossible, to transform a poor marriage into a good one.

PRE- ASSESSMENT:

Rate your marriage satisfaction:

Satisfaction Level to you:

Low: 0 1 2 3 4 5 6 7 8 9 10 High