Marital Satisfaction Questionnaire

Name_______________________________     Date__________________

A. Please list ten things which your partner does which please you:
1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
10. _________________________________________

B. Please list three things you would like your partner to do more often. Put an X under the days, indicating how often he/she did each of these things during the past seven days.

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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</thead>
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2. _______ |     |      |     |       |     |     |     |
3. _______ |     |      |     |       |     |     |     |

C. List Three Things you think your partner would like you to do for him/her and put an X under the days indicating how often you did each of these things during the past seven days.

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</table>
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2. _______ |     |      |     |       |     |     |     |
3. _______ |     |      |     |       |     |     |     |
D. List five interests which you and your partner share. How often do you do these things together. (Mark with an X)

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<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Less Often</th>
</tr>
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<tbody>
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E. List five of your own interests. How often do you do these? (Mark with an X)

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<th>Monthly</th>
<th>Less Often</th>
</tr>
</thead>
<tbody>
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<td>5.</td>
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</table>

F. List five positive characteristics of your partner and five positive characteristics of yourself.

<table>
<thead>
<tr>
<th>Partner</th>
<th>Self</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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</tbody>
</table>
G. List what you would like to change about yourself.
   1. ______________________________
   2. ______________________________
   3. ______________________________
   4. ______________________________
   5. ______________________________

H. In what ways have I been showing or giving love lately?
   1. _________________________________________
   2. __________________________________________
   3. __________________________________________
   4. __________________________________________

I. Overall, on a scale of 0-10, (0=very dissatisfied and 10= very satisfied), rate the following (circle a number):
   1. How satisfied do you think your partner is with your relationship?
      0 1 2 3 4 5 6 7 8 9 10
   2. How satisfied are you with your relationship?
      0 1 2 3 4 5 6 7 8 9 10

J. List three things which you believe would improve your satisfaction with your relationship.
   1. ______________________________
   2. ______________________________
   3. ______________________________

K. List three things which you believe would improve your partner’s satisfaction with your relationship.
   1. ______________________________
   2. ______________________________
   3. ______________________________
L. Overall, on a scale of 0-10 (0=not at all committed and 10=very committed), rate the following (circle a number):

1. How committed do you think your partner is to working on this relationship?
   0  1  2  3  4  5  6  7  8  9  10

2. How committed are you to working on this relationship?
   0  1  2  3  4  5  6  7  8  9  10

3. How committed do you think your partner is to making changes to improve the relationship?
   0  1  2  3  4  5  6  7  8  9  10

4. How committed are you to making changes to improve the relationship?
   0  1  2  3  4  5  6  7  8  9  10

J. What proportion of the time spent with you is happy for your partner, in your opinion?
   0%  25%  50%  75%  100%

K. What amount of the time spent with your partner is happy for you?
   0%  25%  50%  75%  100%

L. How much happier do you think your partner expects to be?
   0%  25%  50%  75%  100%

M. How much happier do you expect to be as time goes on or with therapy?
   0%  25%  50%  75%  100%