Marital Satisfaction Questionnaire

Name			Date				
A. Please list ten things which is a second of the second					you:		
B. Please list three things you the days, indicating how o days. 1	would lik ften he/sho Mon	e your ge did ea	partner the chof the Wed	to do mo	gs durir Fri	sat	Sun
3C. List Three Things you thin X under the days indicating seven days.1	nk your pag how oft Mon	artner v en you Tues	vould lik did each Wed	te you to n of thes Thurs	o do for e thing Fri	him/hes during	er and put ang the past
2							

1	Daily Weekly Monthly Less Ofter
2	
4	
5	
	s. How often do you do these? (Mark with an X) Daily Weekly Monthly Less Often
1	——————————————————————————————————————
2	
3	
4	
5	
List five positive characteristic yourself.	ics of your partner and five positive characteristics o
Partner	Self
1	1
2	2
- '	
3	3

G.	List what you would like to change about yourself.
	1
	2
	3
	4
	5
Н.	In what ways have I been showing or giving love lately?
	1
	2
	3
	4
I.	following (circle a number):
	 How satisfied do you think your partner is with your relationship? 1 2 3 4 5 6 7 8 9 10
	2. How satisfied are you with you 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
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):										e the						
	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.				mitte 3							this relation	onship?	?			
	3. How committed do you think your partner is to making changes to improve the relationship?									the							
		0	1	2	3	4	5	6	7	8	9	10					
	4.				mitte 3							anges to im	prove t	the relat	ionship	o?	
J.	Wh	at	pro	port	ion o	f the	tim	e sp	ent	wit	th ye	u is happy f	for you	ır partne	er, in yo	our opii	nion?
	0%	o	25	%	50%	7:	5%	10	0%								
K.	W	hat	an	oun	t of t	he ti	ime	spei	nt w	ith	you	partner is h	nappy f	for you?			
	09	%	25	% %	50%	, 7	5%	10	00%)							
L.	Н	ow	mu	ch h	appie	er do	you	ı th	ink	you	r pa	tner expect	s to be	?			
	09	%	25	0% 10%	50%	. 7	5%	10	00%)							
M.	Но	ow	mu	ch h	appie	er do	you	ı ex	pec	t to	be a	s time goes	on or v	with the	rapy?		
	0%	ó	25	%	50%	7:	5%	10	0%								