

## Relationship/Marital Satisfaction Measures, part 1

In every relationship there are behaviors one or both partners seek to change. Behaviors may either too often or not often enough. For example, a partner may be dissatisfied because other takes out the garbage only once a week. The desired change would be for this behavior to occur more often. On the other hand, one might be dissatisfied because too much time was spent cleaning up the house; in this case the desired change would be for this behavior to less often. In other words, a person's dissatisfaction with partner performance of a behavior can be expressed as a desire for a behavior to occur either more or less often.

The following pages list typical behaviors which can cause relationship dissatisfactions. As you read each item, decide whether you are satisfied with your partner's performance described in that item. If you are satisfied with your partner's performance or if an item is not relevant to you, check the zero point on the scale, meaning "NO CHANGE DESIRED."

If you are 'not satisfied' with your partner's performance in a particular item, indicate the direction of change in behavior you would like to see. Use the rating scale accompanying each item. If you would prefer to see a particular behavior occur less often, circle the number on the "minus" half of the rating scale and indicate how much less you would like this behavior to occur. If you would prefer to see a particular behavior occur more often, circle the number on the "plus" half of the rating scale to indicate how much more you would like this behavior to occur. Finally, as you go through the list, please indicate which items you consider to be of major importance in your relationship.

Please note that the scales change direction, so that much less is sometimes on the left, and at other times on the right.

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat		Somewhat more	More	Much more

### Ask: It would please my partner if I:

- |  |    |    |    |   |    |    |    |
|--|----|----|----|---|----|----|----|
| 1. ...participated in decisions about spending money | -3 | -2 | -1 | 0 | +1 | +2 | +3 |
| 2. ...Spent time keeping the house clean             | -3 | -2 | -1 | 0 | +1 | +2 | +3 |
| 3. ...had meals ready on time                        | -3 | -2 | -1 | 0 | +1 | +2 | +3 |
| 4. ...paid attention to his/her appearance           | -3 | -2 | -1 | 0 | +1 | +2 | +3 |
| 5. ...hit him/her                                    | -3 | -2 | -1 | 0 | +1 | +2 | +3 |

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Ask: It would please my partner if I:

6. ...got together with his/her friends

-3      -2      -1      0      +1      +2      +3

7. ...paid the bills on time

-3      -2      -1      0      +1      +2      +3

8. ...prepared interesting meals

-3      -2      -1      0      +1      +2      +3

9. ...started interesting conversations with me

-3      -2      -1      0      +1      +2      +3

10. ...went out with me

-3      -2      -1      0      +1      +2      +3

11. ...showed appreciation for the things he/she does well

-3      -2      -1      0      +1      +2      +3

12. ...got together with his/her relatives

-3      -2      -1      0      +1      +2      +3

13. ...had sexual relations with him/her

-3      -2      -1      0      +1      +2      +3

14. ...drank

-3      -2      -1      0      +1      +2      +3

15. ...worked late

-3      -2      -1      0      +1      +2      +3

16. ...got together with our friends

-3      -2      -1      0      +1      +2      +3

17. ...helped with housework when asked

-3      -2      -1      0      +1      +2      +3

18. ...argued with me

-3      -2      -1      0      +1      +2      +3

19. ...disciplined children

-3      -2      -1      0      +1      +2      +3

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Ask: It would please my partner if I:

20. ...engaged in extra-marital sexual relations	-3	-2	-1	0	+1	+2	+3
21. ...spent time in outside activities	-3	-2	-1	0	+1	+2	+3
22. ...paid attention to my sexual needs	-3	-2	-1	0	+1	+2	+3
23. ...spent time with children	-3	-2	-1	0	+1	+2	+3
24. ...gave him/her attention when he/she needs it	-3	-2	-1	0	+1	+2	+3
25. ...assumed responsibility for finances	-3	-2	-1	0	+1	+2	+3
26. ...left him/her to himself/herself	-3	-2	-1	0	+1	+2	+3

Adapted from: Weiss, R.L. (1998). *Areas of Change Questionnaire*