

Relationship/Marital Satisfaction Measures, part 2

The numbers in the following scale represent different degrees of happiness in your relationship. The middle point, “happy” represents the degree of happiness in most relationships. Please circle the number which best describes the degree of happiness, all things considered of your relationship.

-3	-2	-1	0	+1	+2	+3
Extremely unhappy	Fairly unhappy	A little unhappy	Happy	Very happy	Extremely happy	Perfect

Please use the following scale to indicate the degree of your agreement or disagreement with each of the statements below. Circle your numerical answer after each statement.

-4 = very strong disagreement	0 = neither agreement nor disagreement	+1 = slight agreement
-3 = strong disagreement		+2 = moderate agreement
-2 = moderate disagreement		+3 = strong agreement
-1 = slight disagreement		+4 = very strong agreement

1. My spouse and I agree on how we handle our finances.

-4	-3	-2	-1	0	+1	+2	+3	+4
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2. I prefer doing things without my spouse.

-4	-3	-2	-1	0	+1	+2	+3	+4
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3. My spouse is very loving and affectionate.

-4	-3	-2	-1	0	+1	+2	+3	+4
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4. I regret marrying my spouse.

-4	-3	-2	-1	0	+1	+2	+3	+4
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5. My spouse satisfies me sexually.

-4	-3	-2	-1	0	+1	+2	+3	+4
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6. I don't get the love and affection I want from my spouse.

-4	-3	-2	-1	0	+1	+2	+3	+4
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7. My spouse and I agree on the friends with whom we associate.

-4	-3	-2	-1	0	+1	+2	+3	+4
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8. My spouse and I share the same basic philosophy of life.

-4	-3	-2	-1	0	+1	+2	+3	+4
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9. I don't approve of the way my spouse relates to my family.

-4	-3	-2	-1	0	+1	+2	+3	+4
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10. My spouse and I have similar ambitions and goals.

-4	-3	-2	-1	0	+1	+2	+3	+4
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-4 = very strong disagreement	0 = neither agreement nor disagreement	+1 = slight agreement
-3 = strong disagreement		+2 = moderate agreement
-2 = moderate disagreement		+3 = strong agreement
-1 = slight disagreement		+4 = very strong agreement

11. My spouse and I have marital difficulties.
 -4 -3 -2 -1 0 +1 +2 +3 +4
12. I always confide in my spouse.
 -4 -3 -2 -1 0 +1 +2 +3 +4
13. If I were marrying again, I would pick my present spouse.
 -4 -3 -2 -1 0 +1 +2 +3 +4
14. My spouse really gets on my nerves.
 -4 -3 -2 -1 0 +1 +2 +3 +4
15. My spouse and I kiss daily.
 -4 -3 -2 -1 0 +1 +2 +3 +4
16. My spouse and I do not communicate well with each other.
 -4 -3 -2 -1 0 +1 +2 +3 +4
17. My marriage is not as good as most marriages.
 -4 -3 -2 -1 0 +1 +2 +3 +4
18. My spouse and I settle our disagreements with mutual give and take.
 -4 -3 -2 -1 0 +1 +2 +3 +4
19. I am very happy with my marriage.
 -4 -3 -2 -1 0 +1 +2 +3 +4
20. My spouse and I seldom laugh together.
 -4 -3 -2 -1 0 +1 +2 +3 +4
21. I am committed to my marriage.
 -4 -3 -2 -1 0 +1 +2 +3 +4
22. My spouse and I quarrel frequently
 -4 -3 -2 -1 0 +1 +2 +3 +4
23. My spouse and I agree on how to spend our leisure time.
 -4 -3 -2 -1 0 +1 +2 +3 +4
24. My spouse and I often argue about finances.
 -4 -3 -2 -1 0 +1 +2 +3 +4
25. My spouse and I often disagree about major decisions.
 -4 -3 -2 -1 0 +1 +2 +3 +4

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-4 = very strong disagreement	0 = neither agreement nor disagreement	+1 = slight agreement
-3 = strong disagreement		+2 = moderate agreement
-2 = moderate disagreement		+3 = strong agreement
-1 = slight disagreement		+4 = very strong agreement

26. I am pleased with my relationship with my spouse.
 -4 -3 -2 -1 0 +1 +2 +3 +4
27. My spouse and I disagree on household chores.
 -4 -3 -2 -1 0 +1 +2 +3 +4
28. My spouse and I differ on our general values and beliefs.
 -4 -3 -2 -1 0 +1 +2 +3 +4
29. My spouse and I have a better marriage than most married couples I know.
 -4 -3 -2 -1 0 +1 +2 +3 +4
30. My spouse's habits annoy me.
 -4 -3 -2 -1 0 +1 +2 +3 +4
31. My spouse and I disagree on sexual matters.
 -4 -3 -2 -1 0 +1 +2 +3 +4
32. My spouse and I agree on how we demonstrate affection towards each other.
 -4 -3 -2 -1 0 +1 +2 +3 +4
33. I often contemplate ending my marriage.
 -4 -3 -2 -1 0 +1 +2 +3 +4
34. My spouse and I agree on our dealings with our in-laws.
 -4 -3 -2 -1 0 +1 +2 +3 +4
35. My spouse is generally understanding.
 -4 -3 -2 -1 0 +1 +2 +3 +4

Adapted from the following source: Blum, J.S., & Mehrabian, A. (1999). Personality and temperament correlates of marital satisfaction. *Journal of Personalit*