

THE THERAPYWORKS

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These marital/relationship handouts are to be completed by you and your spouse/partner in order to gather information about your relationship. Once you have gained a better understanding of how each of you sees things, you will be in a better position to take action to improve your situation.

There are 4 handouts which each gather information about how you view your relationship and/or think about partner relationships in general.

When you and your partner have completed the handouts, I will give you feedback and we will set an agenda for making improvements that you desire.

MARITAL SATISFACTION QUESTIONNAIRE

10 9 8 7 6 5 4 3 2 1 0
pleased not pleased

After each question please put the number that most closely approximates your present feelings about your spouse or significant relationship.

- I am:
- (1) Pleased with the amount we talk to each other
 - (2) Happy with the friends we share in common
 - (3) Satisfied with our sex life
 - (4) In agreement with the amount of time you or we spend at work and at home
 - (5) In agreement with the way we are spending money
 - (6) Pleased with the kind of parent you are (This refers to the way your spouse interacts with the children. If you have no children, rate how pleased you are about this.)
 - (7) Of the opinion that you are "on my team"
 - (8) Pleased with our leisure time together (e.g., sports, vacations, outings, etc.)
 - (9) Basically in agreement with your outlook on life (e.g., values, attitudes, religious beliefs, etc.)
 - (10) Generally pleased with the way you relate to members of your own family (This refers to your spouse's parents, siblings, etc.)
 - (11) Satisfied with the way you relate to members of my family (This refers to your own parents, siblings)
 - (12) Pleased with your general habits, mannerisms, and overall appearance

RELATIONSHIP SATISFACTION SCALE*

Place a check (X) in the box to the right of each category that best describes the amount of satisfaction you feel in your relationship.

	0 Very Dissatisfied	1 Moderately Dissatisfied	2 Slightly Dissatisfied	3 Neutral	4 Slightly Satisfied	5 Moderately Satisfied	6 Very Satisfied
1. Communication and openness							
2. Resolving conflicts and arguments							
3. Degree of affection and caring							
4. Intimacy and closeness							
5. Satisfaction with your role in the relationship							
6. Satisfaction with the other person's role							
7. Overall satisfaction with your relationship							
Total score on items 1-7							

1. Husbands and Wives should be best friends.
2. Romantic love makes a good marriage.
3. Extramarital affairs will always destroy a marriage.
4. If you feel guilty -- confess.
5. Husbands and Wives should do everything together.
6. You have to work at marriage.
7. A happy marriage requires total trust.
8. Good spouses should make their partner happy.
9. In good marriages, husbands and wives "let it all hang out".
10. Good husbands do household repairs; Good wives do the laundry.
11. Having a child will improve a bad marriage.
12. Marriages should be a 50-50 partnership.
13. Marriage can fulfill all your dreams.
14. True lovers automatically know each other's thoughts and feelings.
15. An unhappy marriage is better than a broken home.
16. A husband's ambition comes before a wife's career.
17. If your spouse wants to leave -- hang on and fight.
18. Dead love can sometimes be rekindled.
19. Competition between spouses adds sparkle to a marriage.
20. You should make your spouse over into a better person.
21. Opposites attract and compliment each other.
22. Couples should not reveal personal matters to outsiders.
23. Do not ever have sex when you are angry.
24. Be satisfied with what you have in your marriage.

Total Trues: _____

Total Falses: _____

THE MARITAL CIRCLE

By using two circles that represent yourself and your spouse, indicate the degree of "togetherness" and the degree of "separateness" that you perceive with your spouse.

How I view our relationship now!

How I would most like our relationship to be!

How I remember my parent's relationship!