

Listening Ear Counselling & Consultancy Pte Ltd

Marital Commitment Inventory

Instructions:

Please answer each question below by indicating how strongly you agree or disagree with the idea expressed related to your marriage. You can circle any number from 1 to 7 to indicate various levels of disagreement or agreement with the idea expressed.

Please try to answer All questions as honestly as possible.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Undecided	Agree Somewhat	Agree	Strongly Agree

1	Except when a spouse dies, marriage should be a once in a life time commitment	1	2	3	4	5	6	7
2	It would be very difficult to find a partner	1	2	3	4	5	6	7
3	My friends would not mind if my partner and I broke up or divorce	1	2	3	4	5	6	7
4	This relationship has cost me very little in (concrete) terms of physical, tangible resources	1	2	3	4	5	6	7
5	I may decide that I want to end this relationship at some point in the future	1	2	3	4	5	6	7
6	I don't make commitments unless I believe I will keep them	1	2	3	4	5	6	7
7	I want to keep the plans for my life somewhat separate from my partner's plans for life	1	2	3	4	5	6	7
8	My relationship with my partner comes before my relationship with my friends	1	2	3	4	5	6	7
9	It can be personally fulfilling to give up something for my partner	1	2	3	4	5	6	7
10	I know people of the opposite sex whom I desire more than my partner	1	2	3	4	5	6	7
11	People should feel free to end a marriage as long as the children are not going to be hurt	1	2	3	4	5	6	7
12	I would have trouble finding a suitable partner if this relationship ended	1	2	3	4	5	6	7
13	My family would not care either way if this relationship ended	1	2	3	4	5	6	7
14	I have not spent much money on my partner	1	2	3	4	5	6	7
15	I want this relationship to stay strong no matter what rough times we may encounter	1	2	3	4	5	6	7
16	I do not feel compelled to keep all of the commitments that I make	1	2	3	4	5	6	7
17	I am willing to have or develop a strong sense of an identity as a couple with my partner	1	2	3	4	5	6	7
18	My career or job studies homemaking child rearing etc is more important to me than my relationship with my partner	1	2	3	4	5	6	7
19	I do not get much fulfillment out of sacrificing for my partner	1	2	3	4	5	6	7
20	I am not seriously attracted to people of the opposite sex other than my partner	1	2	3	4	5	6	7
21	Divorce is wrong	1	2	3	4	5	6	7
22	If for any reason my relationship ended I could find another partner	1	2	3	4	5	6	7
23	It would be difficult for my friends to accept it if I ended the relationship with my partner	1	2	3	4	5	6	7
24	I would lose money or feel like money had been wasted if my partner and I broke up or divorced	1	2	3	4	5	6	7
25	I want to grow old with my partner	1	2	3	4	5	6	7
26	I have trouble making commitments because I do not want to close off alternatives (lose other alternative)	1	2	3	4	5	6	7
27	I tend to think about how things affect us as a couple more than how things affect me as an individual	1	2	3	4	5	6	7

28	When push comes to shove (when pressure increases) my relationship with my partner often must take a backseat to other interests of mine	1	2	3	4	5	6	7
29	I get satisfaction out of doing things for my partner even if it means I miss out on something I want for myself	1	2	3	4	5	6	7
30	I am not seriously attracted to anyone other than my partner	1	2	3	4	5	6	7
31	If a couple works hard at making their marriage work but find themselves incompatible divorce is the best thing they can do	1	2	3	4	5	6	7
32	I believe there are many people who would be happy with me as their spouse or partner	1	2	3	4	5	6	7
33	My friends want to my relationship with my partner continue	1	2	3	4	5	6	7
34	I would lose valuable possessions if I left my partner	1	2	3	4	5	6	7
35	My relationship with my partner is clearly part of my future life plans	1	2	3	4	5	6	7
36	I try hard to follow through on all my commitments	1	2	3	4	5	6	7
37	I like to think of my partner and me more in terms of us and we than me and him/her	1	2	3	4	5	6	7
38	When the pressure is really on and I must choose my partner's happiness is not as important to me as other things in my life	1	2	3	4	5	6	7
39	I am not the kind of person that finds satisfaction in putting aside my interests for the sake of my relationship with my partner	1	2	3	4	5	6	7
40	Though would not want to end the relationship with my partner I would like to have a romantic/sexual relationship with someone other than my partner	1	2	3	4	5	6	7
41	It is all right for a couple to get a divorce if their marriage is not working out	1	2	3	4	5	6	7
42	Though it might take a while I could find another desirable partner if I wanted or needed to	1	2	3	4	5	6	7
43	My family really wants this relationship to work	1	2	3	4	5	6	7
44	I have put a number of tangible, valuable resources into this relationship	1	2	3	4	5	6	7
45	I may want to be with my partner a few years from now	1	2	3	4	5	6	7
46	Fairly often I make commitments to people or things that I do not follow through on (I do not carry out)	1	2	3	4	5	6	7
47	I am more comfortable thinking in terms of my things than our things	1	2	3	4	5	6	7
48	My relationship with my partner is more important to me than almost anything else in my life	1	2	3	4	5	6	7
49	It makes me feel good to sacrifice for my partner	1	2	3	4	5	6	7
50	I do not often find myself thinking about what it would be like to be in a relationship with someone else	1	2	3	4	5	6	7
51	A marriage is a sacred bond between 2 people which should not be broken	1	2	3	4	5	6	7
52	I am not very attractive to the opposite sex	1	2	3	4	5	6	7
53	My family would not care if I ended this relationship	1	2	3	4	5	6	7
54	I have put very little money into this relationship	1	2	3	4	5	6	7
55	I do not have lifelong plans for this relationship	1	2	3	4	5	6	7
56	Following through on commitments is an essential part of who I am	1	2	3	4	5	6	7
57	I do not want to have a strong identity as a couple with my partner	1	2	3	4	5	6	7
58	When push comes to shove (when pressure increases) my relationship with my partner comes first	1	2	3	4	5	6	7
59	Giving something up for my partner is frequently not worth the trouble	1	2	3	4	5	6	7
60	I think a lot about what it would be like to be married to or dating someone other than my partner	1	2	3	4	5	6	7