



## MARTIAL CONCERNS SCREENING

Below is a brief simple screening tool of marital satisfaction. Satisfaction with marriage changes over time and can range from being highly satisfied to being deeply disappointed. This screening survey is intended to help you consider if it's time to seek some help in improving the quality of your marriage. It is not a substitute for an evaluation by a trained mental health professional and is presented here as a way for you to gauge yourself by answering some basic questions. Answer the following questions with a simple "yes" or "no" and then consider the paragraph that follows.

1. It seems as if my spouse and I disagree on most things.
2. My spouse and I frequently have trouble resolving conflict.
3. We frequently avoid talking to each other.
4. Often we choose to do independent activities and avoid spending time with each other.
5. I don't think my spouse likes me very much.
6. When we argue we often raise our voices and sometimes call each other names.
7. Our sex life is not what it used to be and either I and/or my spouse complain about it.
8. I wonder if we'd be happier if we were in a relationship with someone else.
9. I frequently think about leaving my marriage/relationship.
10. We have talked before about wanting to get some professional help for our relationship.

If you answered "yes" to 4 or more of these questions Associates in Employee Assistance would encourage you to call for an appointment with an EAP counselor. If you answered "yes" to 5 or 6 of these questions you may be experiencing some mild to moderate marital dissatisfaction. If you answered "yes" to 6 or 7 of these questions your level of marital dissatisfaction may be moderate to severe. If you answered "yes" to 7 or more of these questions your level of marital dissatisfaction may be severe.