



Marital Disaffection Scale MDS

**KEY: Very True = 4 Somewhat True = 3
Not Very True = 2 Not at All True = 1**

1. If I could never be with my spouse, I would feel miserable.
2. I find it difficult to confide in my spouse about a number of things.
3. I enjoy spending time alone with my spouse.
4. I often feel lonely even though I am with my spouse.
5. I miss my spouse when we're not together for a couple of days.
6. Most of the time I feel very close to my spouse.
7. I seem to enjoy just being with my spouse.
8. I look forward to seeing my spouse at the end of the day.
9. My love for my spouse has increased more and more over time.
10. I find myself withdrawing more and more from my spouse.
11. When I have a personal problem, my spouse is the first person I turn to.
12. Apathy and indifference best describe my feelings toward my spouse.
13. I feel little, if any, desire to have sex with my spouse.
14. My spouse has always been there when I needed him or her.
15. I would prefer to spend less time with my spouse.
16. I have more positive than negative thoughts about my spouse.
17. I have a lot of angry feelings toward my spouse.
18. I am not as concerned about fulfilling my obligations and responsibilities in my marriage as I was in the past.
19. I try to avoid spending time with my spouse.
20. There are times when I do not feel a great deal of love and affection for my spouse.
21. I enjoy sharing my feelings with my spouse.

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