



Marriage Satisfaction Scale Survey

Marital relationships are complex institutions! In order to improve the quality of a marriage, it helps to take a systematic look at how your marriage is functioning. Below are a series of questions that can act as a guide for evaluating your marriage satisfaction.

To begin, please complete the pre-assessment rating scale below.

The pre-assessment is helpful as you begin your work to improve your marriage. The pre-assessment and the marital satisfaction scale (see below) will provide you with an opportunity to rate your current levels of satisfaction within your marriage.

Pre-Assessment: Overall Marriage Satisfaction Level to You:

Low: 0 1 2 3 4 5 6 7 8 9 10 High

Please see Marriage Satisfaction Survey Below.

Marriage Satisfaction Survey

Instructions

After each question below select the number that most closely approximates your present feelings about your marriage or your spouse. On a scale of one to ten, 10 is pleased, 5 is half yes/half no, and 0 is not pleased.

Low: 0 1 2 3 4 5 6 7 8 9 10 High

(YOUR PERCEPTION OF YOUR MARRIAGE) I AM...	RATING									
	1	2	3	4	5	6	7	8	9	10
Pleased with the amount we talk to each other.										
Happy with the friends we share in common.										
Satisfied with our sex life.										
In agreement with the amount of time you or we spend at work and at home										
In agreement with the way we are spending money.										
Pleased with the kind of parent you are. This refers to the way your spouse interacts with the children.										
Of the opinion that you are on my team.										
Pleased with our leisure time together, e.g., sports, vacations, and outings.										
Basically, in agreement with your outlook on life, e.g., values, attitudes, religious beliefs, and politics.										
Generally pleased with the way you relate to members of your own family. This refers to your spouse's parents, and siblings, etc.										
Satisfied with the way you relate to members of my family. This refers to your own parents, siblings, etc.										
Pleased with your general habits, mannerisms, and overall appearance.										

ADD UP YOUR SCORE:

score:

- 84 and more means that you have a VERY GOOD marriage.
- Between 72-83 reflects SATISFACTORY to GOOD feelings and interactions.
- A score of 61-71 suggests that you need to make some basic changes.
- Below 60 indicates a POOR level of marital satisfaction.