



## **The Overall Marital Satisfaction Questionnaire**

**(OMSQ Lewis, 2012)**

SECTION I: This questionnaire is designed to measure the degree of overall satisfaction you have with your present relationship. Answer each item in a way that most closely and honestly reflects your present feelings about your relationship with you partner.

A. Please List ten things your partner does that pleases you

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

B. Please list three things your partner would like you to do for them in order to improve their overall satisfaction with the relationship:

- 1.
- 2.
- 3.

C. Please list three things your partner would like you to do for them in order to improve their overall satisfaction with the relationship:

- 1.
- 2.
- 3.

D. Please List five positive characteristics of your partner and five positive characteristics of yourself

Partner:	Self:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

SECTION II: In the first space after each item please write down the number that most reflects your present feelings about your relationship or partner. In the second space, estimate how you believe your partner would respond to the item if they were completing the questionnaire.

**1 = NONE OF THE TIME**  
**2 = SOME OF THE TIME**  
**3 = MOST OF THE TIME**

I AM SATISFIED WITH:

YOU                      SPOUSE

The amount we talk to each other.

The quality of our communication (e.g., pleasant, constructive vs. Hostile, passive-aggressive, etc.)

The way we are spending/managing our money.

Our social life and friends and the amount of fun we have together.

The kind of parent my partner is.

The degree of affection/intimacy that is given and received.

My Partner's smoking, drinking or other habits.

My partner's overall appearance.

Our overall relationship.

The way we manage our arguments and disagreements.

SECTION III: Lastly, please answer each item carefully and as accurately as you can by placing the number inside each question that follows.

**1 = NONE OF THE TIME**

**2 = SOME OF THE TIME**

**3 = MOST OF THE TIME**

1. \_\_\_\_\_ I feel that I cannot rely on my partner
2. \_\_\_\_\_ I feel that I would not choose same partner if I had to do it all over again.
3. \_\_\_\_\_ My partner doesn't understand me.
4. \_\_\_\_\_ I feel that my partner really cares for me.
5. \_\_\_\_\_ I am able to trust what my partner says and does.

Anything else that you feel that you may need to add to this questionnaire in order to facilitate the process of increasing both you and your partner's overall marital satisfaction?