Couples Satisfaction Index (CSI-32)

Please indicate the degree of happiness, all things considered, of your relationship.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Extremely Unhappy  **0** | Fairly Unhappy  **1** | A Little Unhappy  **2** | Happy  **3** | Very  Happy  **4** | Extremely Happy  **5** | Perfect  **6** |

Most people have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Always Agree | Almost Always Agree | Occa-sionally Disagree | Fre-quently Disagree | Almost Always Disagree | Always Disagree |
| Amount of time spent together | 5 | 4 | 3 | 2 | 1 | 0 |
| Making major decisions | 5 | 4 | 3 | 2 | 1 | 0 |
| Demonstrations of affection | 5 | 4 | 3 | 2 | 1 | 0 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | All  the time | Most of the time | More often than not | Occa-sionally | Rarely | Never |
| In general, how often do you think that things between you and your partner are going well? | 5 | 4 | 3 | 2 | 1 | 0 |
| How often do you wish you hadn’t gotten into this relationship? | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Not at all TRUE | A little TRUE | Some-what TRUE | Mostly TRUE | Almost Completely TRUE | Completely TRUE |
| I still feel a strong connection with my partner | 0 | 1 | 2 | 3 | 4 | 5 |
| If I had my life to live over, I would marry (or live  with / date) the same person | 0 | 1 | 2 | 3 | 4 | 5 |
| Our relationship is strong | 0 | 1 | 2 | 3 | 4 | 5 |
| I sometimes wonder if there is someone else out there for me | 5 | 4 | 3 | 2 | 1 | 0 |
| My relationship with my partner makes me happy | 0 | 1 | 2 | 3 | 4 | 5 |
| I have a warm and comfortable relationship with my partner | 0 | 1 | 2 | 3 | 4 | 5 |
| I can’t imagine ending my relationship with my partner | 0 | 1 | 2 | 3 | 4 | 5 |
| I feel that I can confide in my partner about virtually anything | 0 | 1 | 2 | 3 | 4 | 5 |
| I have had second thoughts about this relationship recently | 5 | 4 | 3 | 2 | 1 | 0 |
| For me, my partner is the perfect romantic partner | 0 | 1 | 2 | 3 | 4 | 5 |
| I really feel like **part of a team** with my partner | 0 | 1 | 2 | 3 | 4 | 5 |
| I cannot imagine another person making me as happy as my partner does | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Not  at all | A little | Some-what | Mostly | Almost Completely | Completely |
| How rewarding is your relationship with your partner? | 0 | 1 | 2 | 3 | 4 | 5 |
| How well does your partner meet your needs? | 0 | 1 | 2 | 3 | 4 | 5 |
| To what extent has your relationship met your original expectations? | 0 | 1 | 2 | 3 | 4 | 5 |
| In general, how satisfied are you with your relationship? | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Worse than all others  (Extremely bad) | |  |  |  |  | Better than all others  (Extremely good) |
| How good is your relationship compared to most? | | 0 | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Never | Less than once a month | Once or twice a month | Once or twice a week | Once a day | More often |
| Do you enjoy your partner’s company? | 0 | 1 | 2 | 3 | 4 | 5 |
| How often do you and your partner have fun together? | 0 | 1 | 2 | 3 | 4 | 5 |

For each of the following items, select the answer that best describes *how you feel about your relationship*. Base your responses on your first impressions and immediate feelings about the item.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| INTERESTING | 5 | 4 | 3 | 2 | 1 | 0 | BORING |
| BAD | 0 | 1 | 2 | 3 | 4 | 5 | GOOD |
| FULL | 5 | 4 | 3 | 2 | 1 | 0 | EMPTY |
| LONELY | 0 | 1 | 2 | 3 | 4 | 5 | FRIENDLY |
| STURDY | 5 | 4 | 3 | 2 | 1 | 0 | FRAGILE |
| DISCOURAGING | 0 | 1 | 2 | 3 | 4 | 5 | HOPEFUL |
| ENJOYABLE | 5 | 4 | 3 | 2 | 1 | 0 | MISERABLE |

Please answer the following questions to the best of your ability.

1. What do you admire about your partner?

2. What is the greatest strength your partner possesses?

3. What do you believe your partner needs from you to be happy?

4. What are you doing that may be contributing to the problems in the relationship?

5. What do you need to do to improve the relationship?

6. How important is it to you to improve the relationship?

7. How confident are you that the relationship will improve?

8. Why are you still in this relationship?

9. What is your more urgent concern/need?

10. What is your highest priority for the relationship?