

## Marriage Checkup Questionnaire: Relationship Domains Assessment

Please enter the number that best expresses how concerned you are with the following areas of your relationship using the scale: 1 = *not at all concerned*, 2 = *somewhat concerned*, 3 = *very concerned*.

| Domain               | How concerned are you with the following aspects of your relationship?                            | Level of concern |
|----------------------|---|------------------|
| Overall satisfaction | 1. How satisfied I am with my relationship on most days.  |                  |
|                      | 2. How often I feel lonely in the relationship  |                  |
|                      | 3. How happy I am in my relationship.   |                  |
|                      | 4. How well I get along with my partner.  |                  |
|                      | 5. How committed we both are to our relationship.   |                  |
| Emotions             | 6. How often we get angry with each other.  |                  |
|                      | 7. The degree of resentment or bitterness we carry toward each other.                             |                  |
|                      | 8. How often my partner expresses his/her love for me.  |                  |
|                      | 9. How affectionate we are toward each other.   |                  |
|                      | 10. How easy it is to express my thoughts and feelings with my partner.                           |                  |
|                      | 11. How comfortable my partner feels expressing his/her vulnerable thoughts and feelings with me. |                  |
|                      | 12. How well we empathize with each other.  |                  |
| Communication        | 13. How well we settle our disagreements.   |                  |
|                      | 14. How well we seem to understand each other's points of view.                                   |                  |
|                      | 15. How well we discuss even difficult topics.  |                  |
|                      | 16. How frequently we argue.  |                  |

|               |   |  |
|---------------|---|--|
|               | 17. How well we accept complaints from each other.                          |  |
|               | 18. How regularly we communicate with each other.                           |  |
|               | 19. How kind and respectfully we talk to each other.                        |  |
|               | 20. How well we listen to each other.                                       |  |
|               | 21. How well we communicate our wants and needs to each other.              |  |
|               | 22. How defensive we are with each other.                                   |  |
| Time together | 23. How much quality time we spend together.                                |  |
|               | 24. The degree to which we share in each other's lives.                     |  |
|               | 25. How much we have in common to talk about and do together.               |  |
|               | 26. How often we spend just enjoying each other's company.                  |  |
|               | 27. How well we prioritize spending time together.                          |  |
| Money         | 28. How often we disagree about money                                       |  |
|               | 29. How much we trust each other when it comes to money.                    |  |
|               | 30. How comfortable we are with each other when talking about our finances. |  |
|               | 31. How well we work together around money issues.                          |  |
|               | 32. How easily upset we are with each other about money.                    |  |
|               | 33. How frequently we get together to manage our finances.                  |  |
|               | 34. The degree to which we are on the same page when it comes to our money. |  |
|               | 35. The way we have divided money management tasks.                         |  |

|                     |   |  |
|---------------------|---|--|
| Sexual relationship | 36. How close we feel to each other during and after sex.                         |  |
|                     | 37. How happy we are with our sex life.   |  |
|                     | 38. How comfortable we feel initiating sex with each other.                       |  |
|                     | 39. How well we communicate about sex.  |  |
|                     | 40. How comfortable we feel expressing our sexuality with each other.             |  |
|                     | 41. How well we communicate our wants and needs during sex.                       |  |
| Coparenting         | 42. How much it feels like we are “in it together” when it comes to parenting.    |  |
|                     | 43. How well we parent together.  |  |
|                     | 44. How respected I feel as a parent by my partner.                               |  |
|                     | 45. How much I respect my partner as a parent.                                    |  |
|                     | 46. How much we both participate in our children’s lives.                         |  |
|                     | 47. How well we both guide our children in terms of morals and values.            |  |
|                     | 48. How well we cooperate with each other around parenting.                       |  |
|                     | 49. How well we divide the daily tasks of child care.                             |  |
|                     | 50. How supportive we are of each other’s parenting.                              |  |
|                     |   |  |
| Intimacy            | 51. How relaxed and safe I feel with my partner.                                  |  |
|                     | 52. How comfortable I feel telling my partner things I wouldn’t tell anyone else. |  |
|                     | 53. How easily I can talk to my partner when I’m upset.                           |  |
|                     | 54. How secure I feel in my relationship, even when I’ve upset my partner.        |  |
|                     | 55. How comfortable I feel consoling my partner.                                  |  |
|                     | 56. How comfortable I feel sharing my hopes and fears with my partner.            |  |
|                     | 57. How safe I feel being myself with my partner.                                 |  |
|                     | 58. The degree to which I protect myself from my partner’s judgment.              |  |

|              |  |  |
|--------------|--|--|
| Acceptance   | 59. How accepted “warts and all” I feel by my partner.                               |  |
|              | 60. How accepting my partner is of who I am, faults and weaknesses included.         |  |
|              | 61. How comfortable I feel being myself around my partner.                           |  |
|              | 62. How well liked I feel by my partner.   |  |
|              | 63. How critical my partner is of me.  |  |
|              | 64. How well we’ve come to terms with the friction points in our relationship.       |  |
| Forgiveness  | 65. How easily we tend to forgive each other.  |  |
|              | 66. How much we try to get back at each other when we’re hurt.                       |  |
|              | 67. The degree to which we avoid each other when we’re upset.                        |  |
|              | 68. How easily we apologize to each other.   |  |
|              | 69. The degree to which there are lingering or unforgiven hurts in our relationship. |  |
|              | 70. How easily we make up after an argument.   |  |
| Spirituality | 71. The degree to which my partner plays a supportive role in my spiritual life.     |  |
|              | 72. The degree to which I am supportive of my partner’s spiritual life.              |  |
|              | 73. The degree to which we experience our relationship as sacred.                    |  |
|              | 74. How well we can talk to each other about our spiritual lives.                    |  |
|              | 75. The degree to which we share a spiritual connection.                             |  |
| Friendship   | 76. The degree to which we are good friends.   |  |
|              | 77. The ease with which we laugh and smile together.                                 |  |
|              | 78. How much we enjoy each other’s company.  |  |
|              | 79. How light and playful our relationship can be.                                   |  |
|              | 80. How easy it is for us to have fun together.                                      |  |