

Relationship Satisfaction Questionnaire

AGREE DISAGREE

1 We both have common interests and like similar things.	1	0
2 I enjoy talking with my partner.	1	0
3 I can have fun and laugh with my partner.	1	0
4 My partner generally makes me feel loved and wanted.	1	0
5 My partner talks to me about how he/she is feeling.	1	0
6 My partner is usually sensitive and aware of my needs.	1	0
7 I trust my partner.	1	0
8 Our relationship is continually developing and evolving.	1	0
9 My partner respects me and what I do.	1	0
10 After a disagreement we can 'agree to disagree'.	1	0
11 We do have a fulfilling sexual relationship.	1	0
12 I can express both positive feelings, (eg, love) and negative feelings (eg, anger) to my partner.	1	0
13 I show affection to my partner.	1	0
14 When conflicts arise they are usually resolved quite quickly.	1	0
15 I am happy with our relationship.	1	0
16 I am totally committed to this relationship.	1	0
17 I accept my partner, and do not expect them to change.	1	0
18 It always helps to sit down and talk things through.	1	0
19 I think I am aware of my partner's 'needs' and 'likes'.	1	0
20 I feel emotionally close to my partner.	1	0

Scoring

Above 15 Good relationship

8–15 Average relationship – could be improved.

Below 8 Poor relationship – needs to be worked on.