

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.	