

Relationship Satisfaction Scale*

Place a check in the box to the right of each category that best describes the amount of satisfaction you feel in your closest relationship.

	0 Very Dissatisfied	1 Moderately Dissatisfied	2 Slightly Dissatisfied	3 Neutral	4 Slightly Satisfied	5 Moderately Satisfied	6 Very Satisfied
Communication and openness							
Resolving conflicts and arguments							
Degree of affection and caring							
Intimacy and closeness							
Satisfaction with your role in the relationship							
Satisfaction with the other person's role							
Overall satisfaction with your relationship							
Total score on items 1- 7 ^							

Note: Although this test assesses your marriage or most intimate relationship, you can also use it to evaluate your relationship with a friend, family member, or colleague. If you do not have any intimate relationships at this time, you can simply think of people in general when you take the test.

Total Score	Level of Satisfaction	Percentage of People with Troubled Relationships Who Score Higher	Percentage of People with Successful Relationships Who Score Higher
0 – 10	extremely dissatisfied	75%	100%
11 – 20	very dissatisfied	35%	95%
21 - 25	moderately dissatisfied	25%	90%
26 – 30	somewhat dissatisfied	15%	75%
31 – 35	somewhat satisfied	5%	50%
36 – 40	moderately satisfied	1%	10%
41 – 42	very satisfied	Less than 1%	Less than 1%