

FOR COHABITATING COUPLES PLEASE SCROLL DOWN

CECIL COUNTY HEALTHY MARRIAGE INITIATIVE COUPLE'S QUESTIONNAIRE FOR MARRIED COUPLES

This Couple Quiz is designed to start you thinking and talking about your relationship with your partner. The purpose of this questionnaire is to assess what specific training is most needed and develop our training around those needs.

Please answer each question *honestly* to gain the most from this assessment. Please circle the number that most often applies to your relationship. What comes to mind first is usually the most accurate answer. Questions are around these ten categories:

- Expectations
- Personality
- Communication
- Conflict Resolution
- Finances
- Sex and Affection
- Leisure Time
- Role Relationship
- Spiritual
- Couple Closeness

Please complete:

Male _____ **Female** _____ **Years Married** _____

Received Premarital Counseling Yes _____ No _____

1. I feel very confident our relationship will succeed.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

2. I believe that most of our problems will dissolve over time.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

3. When we have hard times, I sometimes ask myself whether the effort I am putting into this marriage is worth it.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

4. I don't think anything could cause me to question my love for my partner.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

5. My partner has some personal habits that occasionally bother me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

6. Sometimes my partner comes off too controlling for me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

7. My spouse usually makes too big a deal of little things.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

8. Although frustrating at times, I am able to accept our personality differences.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

9. I can talk openly and honestly with my spouse.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

10. I am satisfied with how much my spouse communicates with me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

11. I can share positive and negative feelings with my partner.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

12. It is easy for me to ask my partner for what I want.

- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 13. I am confident that I can trust my partner to be open and honest with me.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 14. We don't make important decisions until we talk to each other.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 15. When there is conflict my partner tends to avoid talking.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 16. We have some differences that never seem to get resolved.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 17. I often focus on my spouse's defects rather than on his or her strengths.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 18. I readily accept responsibility for my part in a disagreement.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 19. My spouse tends to get very angry when there is conflict.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 20. We basically agree on how we spend money.**
- | | | | | | |
|--|-------------------|----------|----------|-------|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly Disagree | Disagree | Somewhat | Agree | Strongly Agree |
- 21. I wish my partner were more careful about spending money.**

- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 22. We both agree on which one of us should budget the money and pay bills.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 23. I am satisfied with the amount of affection I receive.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 24. I feel comfortable talking with my partner about sexual issues.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 25. Sex is an area in our marriage we agree on and enjoy.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 26. The many demands of our lives crowd out time for intimacy/sex.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 27. I think my partner has too many hobbies or activities.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 28. My partner and I enjoy most of the same social and recreational activities**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 29. I agree to occasionally participate in activities with my partner that I don't enjoy.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |

30. If the both spouses work outside the home, they should share household responsibilities.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

31. I resent that my spouse does not do his/her share of the household chores.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

32. We're okay with dividing household chores by interest and skills rather than by traditional roles.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

33. I think my career is just as important as the career of my spouse.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

34. Spiritual differences cause some tension in our relationship.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

35. I think our common faith strengthens our relationship and brings us closer.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

36. We agree that our children should be raised in one particular faith.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

37. Spending quality time together is important for our marriage.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

38. We enjoy spending time together no matter what we're doing.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

39. We share at least one common hobby or interest.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

40. I think we have a close and warm relationship

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

PLEASE SUBMIT QUESTIONNAIRE

THANK YOU VERY MUCH FOR COMPLETING THIS QUESTIONNAIRE.

We hope that you will take the time to share your answers with your spouse and talk about the issues brought up in this assessment. These questions are designed to help you learn more about yourself, your partner and your relationship.

We will contact you with your score and offer some resources for strengthening your marriage. Please check our website for resources and links to strengthen your relationship.

**Healthy Marriage Initiative of Cecil County
Committed to strengthening marriages and families in Cecil County.**

www.marriageworkscecilcounty.org

FUNDING FOR THIS PROJECT WAS PROVIDED BY THE U.S. DEPT. OF HEALTH & HUMAN SERVICES, ADMIN. FOR CHILDREN & FAMILIES. GRANT: #90FE0018/01 ANY OPINION, FINDINGS, AND CONCLUSION FOR RECOMMENDATIONS EXPRESSED IN THIS MATERIAL ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE U.S. DEPT. OF HEALTH & HUMAN SERVICES, ADMIN. FOR CHILDREN & FAMILIES.

**CECIL COUNTY HEALTHY MARRIAGE INITIATIVE
COUPLE'S QUESTIONNAIRE
FOR COHABITATING COUPLES**

This Couple Quiz is designed to start you thinking and talking about your relationship with your partner. The purpose of this questionnaire is to assess what specific training is most needed and develop our training around those needs.

Please answer each question *honestly* to gain the most from this assessment. Please circle the number that most often applies to your relationship. What comes to mind first is usually the most accurate answer. Questions are around these ten categories:

- Expectations/Cohabitation
- Personality
- Communication
- Conflict Resolution
- Finances
- Sex and Affection
- Leisure Time
- Role Relationship
- Spiritual
- Couple Closeness

Please complete:

Male _____ Female _____ Years Cohabiting _____

1. I feel very confident our relationship will go to a marriage commitment.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

2. I feel we are more committed because of our decision to cohabitate.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

3. I think cohabitating is the best way to find out if my partner is right for me.

1	2	3	4	5
Strongly	Disagree	Somewhat	Agree	Strongly

Disagree

Agree

4. Cohabiting is harder than I thought it would be.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

5. I don't think anything could cause me to question my love for my partner.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

6. Some of my partner's personal habits bother me more since living together.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly

7. Since cohabiting, my partner is more controlling of me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

8. I feel like my partner is trying to change me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

9. Although frustrating at times, I am able to accept our personality differences.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

10. Since cohabiting our communication has improved.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

11. I am satisfied with how much my spouse communicates with me.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

12. It is easy to share positive and negative feelings with my partner.

- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 13. I don't feel comfortable asking my partner for exactly what I want.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 14. Even though we are not married, I trust my partner to be open and honest with me.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 15. We confer with each other before making important decisions.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 16. When there is conflict my partner tends to avoid talking.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 17. We seem to have more issues and conflicts since we started living together.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 18. I often focus on my partner's defects rather than on his or her strengths.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 19. I have a hard time taking responsibility for my part in a disagreement.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 20. We still tend to keep our money separate although living together.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 21. As a cohabitating couple we have worked out a plan for how we spend money.**

- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 22. I wish my partner were more careful about spending money.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 23. I am fully aware of my partner's financial debts.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 24. I am satisfied with the amount of affection I receive.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 25. I feel comfortable talking with my partner about sexual issues.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 26. It concerns me that our sexual relationship is a major reason for cohabitating.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 27. Since we are not married I have some concerns about my partner's fidelity.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 28. We share at least one common hobby or interest.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 29. I think my partner has too many hobbies or activities.**
- | | | | | | |
|--|----------------------|----------|----------|-------|-------------------|
| | 1 | 2 | 3 | 4 | 5 |
| | Strongly
Disagree | Disagree | Somewhat | Agree | Strongly
Agree |
- 30. My partner and I enjoy most of the same social and recreational activities**

	1	2	3	4	5
	Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

40. We enjoy spending time together no matter what we're doing.

	1	2	3	4	5
	Strongly Disagree	Disagree	Somewhat	Agree	Strongly Agree

THANK YOU VERY MUCH FOR COMPLETING THIS QUESTIONNAIRE.

We hope that you will take the time to share your answers with your partner and talk about the issues brought up in this assessment. These questions are designed to help you learn more about yourself, your partner and your relationship.

PLEASE SUBMIT QUESTIONNAIRE

We will contact you with your score and offer some resources for strengthening your relationship. Please check our website for resources and links to strengthen your relationship or help prepare you for marriage.

**Healthy Marriage Initiative of Cecil County
Committed to strengthening marriages and families in Cecil County.**

www.marriageworkscecilcounty.org

FUNDING FOR THIS PROJECT WAS PROVIDED BY THE U.S. DEPT. OF HEALTH & HUMAN SERVICES, ADMIN. FOR CHILDREN & FAMILIES. GRANT: #90FE0018/01 ANY OPINION, FINDINGS, AND CONCLUSION FOR RECOMMENDATIONS EXPRESSED IN THIS MATERIAL ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE U.S. DEPT. OF HEALTH & HUMAN SERVICES, ADMIN. FOR CHILDREN & FAMILIES.

