



# Relationship Satisfaction/Compatibility Questionnaire

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## Relationship Satisfaction/Compatibility Questionnaire

This questionnaire can be used in several ways:

- 1) As a prelude to relationship/marriage therapy for couples; to help focus on the areas of your relationship that you want to work on in therapy.
- 2) As a Self-Help tool for couples, to help you work on your relationship yourselves. Use it to create goals for improving your relationship.
- 3) As a tool for individuals for evaluating a current relationship, to determine if you want to continue or end the relationship.
- 4) As a tool for individuals to rate various previous relationships and clarify what qualities are most important for a future relationship.

There is no bottom line score for this questionnaire. Its purpose is to give you the opportunity to evaluate about fifty factors that affect the quality of a relationship. Only you and your partner can decide which factors are "deal breakers", factors that simply cannot have a low compatibility score without creating on-going dissatisfaction.

No relationship scores 15's on all of these factors. What this questionnaire should help you conclude is either: YES, there are enough factors with high scores-- this relationship is a "good fit" and worth investing in and working on. Or, NO, there are too many aspects of this relationship with low scores, and I need to acknowledge that there are "irreconcilable differences" and move on, so I can find a more compatible partner.

If you are using this questionnaire to clarify what you are looking for in a future relationship, you can print out a blank one of these questionnaires and highlight in one color your "must haves", and using a second color, color, mark the factors you consider "highly desirable". As you meet potential partners, score them on your

selected factors and nip any relationships in the bud, that don't measure up. HOWEVER, make sure you are realistic about your "must haves". The best reality check is to talk with happily married couples you know about how much compatibility is possible, and then make sure you grade on the curve of real world possibilities, not on a fantasy of the perfect soulmate. You may also find it helpful to print out several copies of this questionnaire and rate your past relationships. This will give you a sense of how it feels on an emotional level, when certain aspects of a relationship have a low compatibility rating and inspire you to hold out for a better choice.

	<b>HIGH</b>	<b>LOW</b>
My partner and I seem to have very compatible short-term life goals.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I seem to have incompatible short-term life goals.
My partner and I seem to have very compatible long-term life goals.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I seem to have incompatible long-term life goals.
My partner and I tend to agree strongly on political issues.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I disagree a lot on political issues.
My partner and I tend to agree on religious/spiritual issues.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I disagree a lot regarding religious/spiritual issues.
I feel very respected by my partner.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel my partner does not respect me.
I usually find my partner intellectually stimulating and interesting.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I am often bored with my partner.
My partner and I are very compatible about how clean to keep our house and who does what chores when.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I often disagree and argue about cleanliness or who does what/when regarding house chores.

	<b>HIGH</b>	<b>LOW</b>
My partner and I are compatible about when we both go to bed and wake up.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I are incompatible about go to bed / wake up times.
My partner and I are compatible on living together logistics like house temperature, TV/music verses quiet, house décor / organization etc.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I are compatible on living together logistics like house temperature, TV/music verses quiet, house décor / organization etc.
My partner and I often laugh together.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I rarely laugh together.
My partner and I are compatible about food / eating out.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I are incompatible about food / eating out.
I respect the way my partner deals with financial issues.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I disapprove of how my partner deals with financial issues.
My partner and I find it easy to have fun together.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	It is often difficult for my partner and I to have fun together.
I am sexually attracted to my partner on a physical level.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I am not very sexually attracted to my partner on a physical level.
I am satisfied with the frequency of the sexual relating in my relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I am dissatisfied with the frequency of sexual relating in my relationship.
I am satisfied with the quality of the sex in my relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I am dissatisfied with the quality of the sex in my relationship.
I generally feel calm and content with my relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel troubled, upset, and agitated about my relationship.

	<b>HIGH</b>	<b>LOW</b>
I usually feel appreciated by my partner.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel unappreciated by my partner.
I usually feel my partner cares about my well-being.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel my partner does not really care about me.
I feel my partner makes me a high priority in his/her life.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel I am not as high a priority in my partner's life as I want to be.
My partner and I usually agree on how much of our free time we want to spend with one another verses our friends or separate activities.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I often disagree and fight about how much of our free time we will spend together verses time with our friends/separate activities.
I usually feel my partner is a growing, evolving person.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel my partner is stagnated and not living up to his/her potential.
My partner usually gives me feedback in gentle, tactful, sensitive ways.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	When my partner gives me feedback it is often in insensitive or abrasive ways.
I usually feel nurtured and supported in this relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often feel my partner is inattentive or oblivious to my needs for nurturing or support.
My partner is usually patient with me.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner is often impatient with me.
I respect the way my partner interacts with his/her extended family members.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I disapprove of how my partner deals with his/her extended family members.
I feel good about how my partner interacts with my extended family.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I do not feel good about how my partner interacts with my extended family.

**HIGH**

**LOW**

I feel good about my partner's choice of friends and social circle.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I disapprove of my partner's choice of friends or social circle.

I am happy with the level of charity work or community involvement that my partner engages in.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I would like to see my partner engage in more charity work or community involvement.

I respect my partner's moral code of ethics.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I often disapprove of my partner's moral code of ethics.

I think my partner maintains a good balance of work, play, relaxation, and self-development in his/her life.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I do not think my partner maintains a healthy balance of work, play, relaxation, self-development in his/her life.

I respect the way my partner handles his/her job/career.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I disapprove of how my partner handles his /her job/career.

I feel like my partner is usually willing to talk with me about concerns that come up for me in our relationship.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I feel my partner refuses or avoids discussing my concerns.

When my partner and I talk about problems or have discussions, we are usually able to be constructive and remain respectful of one another.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

When my partner and I attempt to have discussions or solve problems, we often end up yelling, acting irrational, lashing out at one another in hurtful ways, getting frustrated, withdrawing in anger, stomping out of the room etc.

I am happy with the level of deep sharing and intimacy that my partner and I engage in.

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

I am unhappy with the level of deep sharing and intimacy that my partner and I engage in.

	<b>HIGH</b>	<b>LOW</b>
I feel my partner and I are in general able to resolve issues satisfactorily and move on from them.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I feel my partner and I go round and round about the same issues and rarely reach much resolution.
In general, I am satisfied with the amount of effort my partner contributes to make our relationship happy and successful.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I don't feel my partner works hard enough or commits enough time or energy to keep our relationship happy and successful.
I feel my partner and I are equally emotionally invested in our relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I feel there is significant unequal vulnerability in our relationship.
I feel my partner has satisfactorily resolved the issues he/she has regarding his/her childhood or past relationships.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I feel my partner has unresolved issues regarding his/her childhood or former relationships that negatively affect how he/she deals with our relationship.
I don't feel my partner has any significant mental health problems which negatively impact our relationship.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I feel my partner has some mental health problems which negatively impact our relationship. (Examples: alcohol or drug addiction, low-self esteem, Attention Deficit Disorder, explosive temper, depression, etc.)
My partner and I are compatible regarding physical health issues such as smoking, exercise/weight control, diet, etc.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I have disagreements regarding physical health issues such as smoking, exercise/weight control, diet, etc.

The questions on the next page are for couples with children.

# FOR COUPLES WITH CHILDREN

	HIGH	LOW
I am satisfied with the amount of time, energy and focus my partner devotes to child-rearing tasks/responsibilities.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I am dissatisfied with the amount of time, energy and focus my partner devotes to childrearing tasks and responsibilities.
I respect the values and lifestyle choices my partner imparts to our children both directly and through example and role modeling.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I often disagree with the values and lifestyle choices my partner imparts to our children both directly and through example and role modeling.
I think my partner does a good job of providing for the emotional needs of our children.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I don't think my partner adequately provides for the emotional needs of our children.
My partner and I usually agree on rules for our children.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I often disagree on rules for our children.
My partner and I usually agree on discipline for our children.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	My partner and I often disagree on discipline for our children.
I think overall my partner has good parenting skills.	15 14 13 12 11 10 9 8 7 6 5 4 3 2 1	I think my partner needs significant improvement regarding his/her parenting skills.