Measurement scale for Couples

Circle the number that best describes how you think your relationship has measured as of late. Try to give an overall estimate about how things have been over the last 2-3 weeks or since the last counseling session. Each individual in the relationship should fill one out. Overall, have the couple in mind when filling this out, not just you or your significant other.

Name:
Date:

1= Not at all or poorly 10= Very well or great

- Communication 1 2 3 4 5 6 7 8 9 10
- Respect 1 2 3 4 5 6 7 8 9 10
- Quality Time Together 1 2 3 4 5 6 7 8 9 10
- Help in Household 1 2 3 4 5 6 7 8 9 10
- Sex 1 2 3 4 5 6 7 8 9 10
- Being a Father 1 2 3 4 5 6 7 8 9 10
- Being a Mother 1 2 3 4 5 6 7 8 9 10
- Our Marriage in General 1 2 3 4 5 6 7 8 9 10
- Other 1 2 3 4 5 6 7 8 9 10