

The Overall Marital Satisfaction Questionnaire

(OMSQ Lewis, 2012)

Name: _____ Date: _____

SECTION I: This questionnaire is designed to measure the degree of overall satisfaction you have with your present relationship. Answer each item in a way that most closely and honestly reflects your **PRESENT** feelings about you relationship with your partner.

A. Please list ten things your partner does that pleases you:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

B. Please list three things **you** would like your partner to do more often in order to improve your overall satisfaction with the relationship:

1. _____

2. _____

3. _____

C. Please list three things **your partner** would like you to do for him/her in order to improve their overall satisfaction with the relationship:

1. _____

2. _____

3. _____

D. Please list five positive characteristics of your partner and five positive characteristics of yourself.

Partner

Self

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

SECTION II: In the first space after each item please write down the number that most reflects your present feelings about your relationship or partner. In the second space, estimate how you believe your partner would respond to the item if he/she were completing the questionnaire.

- 1 = NONE OF THE TIME**
- 2 = SOME OF THE TIME**
- 3 = MOST OF THE TIME**

I AM SATISFIED WITH:

	<u>YOU</u>	<u>SPOUSE</u>
The amount we talk to each other.	_____	_____
The quality of our communication (e.g., pleasant, constructive vs. hostile, passive-aggressive, etc.)	_____	_____
The way we are spending/managing our money.	_____	_____
Our social life and friends and the amount of fun we have together.	_____	_____
The kind of parent my partner is.	_____	_____
The degree of affection/intimacy that is given and received.	_____	_____
My partner's smoking, drinking or other habits.	_____	_____
My partner's overall appearance.	_____	_____
Our overall relationship.	_____	_____
The way we manage our arguments and disagreements.	_____	_____

SECTION III: Lastly, please answer each item carefully and as accurately as you can by placing the number beside each question that follows.

- 1 = NONE OF THE TIME**
- 2 = SOME OF THE TIME**
- 3 = MOST OF THE TIME**

1. _____ I feel that I cannot rely on my partner.
2. _____ I feel that I would not choose the same partner if I had to do it over again.
3. _____ My partner doesn't understand me.
4. _____ I feel that my partner really cares for me.
5. _____ I am able to trust what my partner says and does.

Anything else that you feel that you may need to add to this questionnaire in order to facilitate the process of increasing both you and your partner's overall marital satisfaction?
