

Yvon Dallaire

Psychologue – Auteur – Conférencier – Formateur

Estimate your marital happiness

Evaluate your degree of satisfaction with regards to the 25 following statements, using this scale:

0. Very unsatisfied
1. Moderately unsatisfied
2. Somewhat satisfied
3. Satisfied
4. Very satisfied

1. Our mutual trust and respect	0	1	2	3	4
2. Respect of my own private space and habits	0	1	2	3	4
3. The feeling of admiration I have for my partner	0	1	2	3	4
4. The feeling I have that my partner admires me	0	1	2	3	4
5. The feeling that we are true accomplices	0	1	2	3	4
6. The level of agreement on our short, medium and long term projects	0	1	2	3	4
7. Our verbal emotional communication	0	1	2	3	4
8. The frequency of our sexual encounters	0	1	2	3	4
9. The quality of our sexual encounters	0	1	2	3	4
10. Our affectionate moments without sexual encounters	0	1	2	3	4
11. The education of our children	0	1	2	3	4
12. Our financial compatibility	0	1	2	3	4
13. The sharing of the housework	0	1	2	3	4
14. My relationship with the in-laws	0	1	2	3	4
15. Leisure activities	0	1	2	3	4
16. The day to day living	0	1	2	3	4
17. The decision making process	0	1	2	3	4
18. The resolution of our conflicts	0	1	2	3	4
19. The amount of time we spend together	0	1	2	3	4
20. The quality of time we spend together	0	1	2	3	4
21. The support my partner provides me during difficult moments	0	1	2	3	4
22. Our relations with our paired friends	0	1	2	3	4
23. Our holiday periods alone or together, without the children	0	1	2	3	4
24. Our mutual commitment and power sharing	0	1	2	3	4
25. My feeling of freedom within the relationship	0	1	2	3	4

Add the results of each column:

$$1 \times \underline{\quad} = \underline{\quad} \quad 2 \times \underline{\quad} = \underline{\quad} \quad 3 \times \underline{\quad} = \underline{\quad} \quad 4 \times \underline{\quad} = \underline{\quad}$$

Add these four results = %

The number obtained, expressed in percentage, represents your degree of satisfaction within the relationship. The higher the number, deeper is your love and happiness.

Summary explanation of the results:

- 76 to 100%: Very happy couple especially towards 100%
- 51 to 75%: Happy couple with your high and lows. Caution if you are close to 51%.
- 25 to 50%: Unhappy couple at risk of spiraling downward if there is no immediate action taken
- 0 to 25%: One of you if not both of you are seriously thinking about splitting / divorcing. You should consider individual or couple's therapy

For a better comprehension of your couple's degree of happiness, we suggest that you invite your spouse to undertake the same questionnaire and use the results as the basis for discussion. Begin with the areas where you are both satisfied, then discuss your dissatisfactions. Own both yours and your partner's dissatisfaction and see how you can make them disappear.

Remember, you are not looking for a guilty party! Such an attitude would only increase the amount of tension within the relationship.

This test was translated from French by Guylaine Ecrement, professional coach, (guylaine@coaching-ge.com) and published with her permission.