

Relationship Satisfaction Scale *

Instructions: Place a check (✓) in the box to the right of each category that best describes the amount of satisfaction you feel in your closest relationship.

	0 - very dissatisfied	1 - moderately dissatisfied	2 - slightly dissatisfied	3 - neutral	4 - slightly satisfied	5 - moderately satisfied	6 - very satisfied
1. Communication and openness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Resolving conflicts and arguments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Degree of affection and caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Intimacy and closeness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Satisfaction with your role in the relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Satisfaction with the other person's role in the relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Overall satisfaction with your relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total Score on Items #1 - #7 →							

Note: Please indicate who you had in mind when filling out this test:

Please indicate the type of relationship (spouse, colleague, friend, etc.):

Facilitated By: Tracey Schreiber, MS CTACC
 Shadow of Hope Counseling Services, LLC 720-879-8343

* Copyright © 1983 by David D. Burns, MD