

Measuring Your Marital / Couple Contentment and Commitment

This is where I (Paddy) usually start in couple counselling: assessing how you are doing right now. You may be long-married or recently in a relationship that matters to you. And because of conflict or values differences or some other issue, you feel a concern enough to contact me and request couple counselling.

These questions / prompts and your responses will give you some of the vocabulary for expressing your hopes and worries. It will also give me a good idea of where we can begin to make the most effective use of your time when we have face-to-face appointments.

It is best for you and your partner to do this separately and without checking with each other prior to visiting with me.

If you have not yet booked an appointment, please visit my web site (www.theducklows.ca) and look for the "Schedule Appointment" tab in the bottom right corner. Click on this and you will see the "backside" of my calendar. You can book an appointment or reschedule anytime of day or night.

I hope to see you soon and if you have any questions, please email me at paddy@theducklows.ca or Carole at carole@theducklows.ca.

Best to you both.

1. How Committed Are You To Your Relationship?

These questions concern your general commitment to, and optimism about, your marriage. Please answer them with your present feelings in mind, leaving out of consideration the way you used to feel or think that you should feel.

Please print your first name initial at your response.

1.1 Everything considered, how content are you in your marriage?

More%	75%	50%	25%	Less%
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1.2 Everything considered, how content do you think your spouse is in your marriage?

More%	75%	50%	25%	Less%
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1.3 Everything considered, do you expect to become more content as time goes by?

More%	75%	50%	25%	Less%
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1.4 Everything considered, do you think that your spouse expects to become more content as time goes by?

More%	75%	50%	25%	Less%
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1.5 How committed are you to remain sexually and emotionally faithful to your partner?

More%	75%	50%	25%	Less%
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1.6 How committed do you think your spouse is to remain sexually and emotionally faithful to you?

More%	75%	50%	25%	Less%
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1.7 What proportion of the time spent with your partner is happy for you?

More%	75%	50%	25%	Less%
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1.8 What proportion of the time that your spouse spends with you do you think is happy for him/her?

More%	75%	50%	25%	Less%
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1.9 Everything considered, do you expect to continue to grow spiritually / personally as time goes by?

More%	75%	50%	25%	Less%
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1.10 Everything considered, do you expect your spouse to continue to grow spiritually / personally?

More%	75%	50%	25%	Less%
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Please look back over each of the 10 questions and view where you have placed your initial – does this seem accurate to you? This time print your partner's first name initial at each answer that you think your partner will select in answering each question for himself / herself.

2. How Satisfied Are You In Your Marriage?

The following series of questions relates to the level of satisfaction or happiness that you usually find in your interaction with your partner. How happy are you with the way in which you and your spouse

usually handle each of the following aspects of your family life? Please check the description that best represents how happy you are in each area.

2.1 Social and friendship interaction with each other.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.2 Affectionate and expressive interaction (non-sexual) with each other.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.3 Sexual participation, enjoyment and creative sharing with each other.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.4 Trust, faith and confidence in each other.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.5 Parenting, affection and responsible care of children.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.6 Handling of shared, family and private time.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.7 Handling of various tasks and other responsibilities at home.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.8 How you handle personal and shared finances.

Mostly	Fairly	Mostly	Does not
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happy	happy	unhappy	apply
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2.9 Social and friendship interaction with friends and neighbours.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.10 Social connection and attachment with families and other relatives

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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2.11 Spiritual and faith care for each other's needs.

Mostly happy	Fairly happy	Mostly unhappy	Does not apply
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Now... take a few minutes and write out your feelings and thoughts.

Perhaps you feel:

- Hurt or sad
- Angry or frustrated
- Hopeful or confident
- Thankful or pleased
- Guilty or shame
- Afraid or anxious
- All of the above
- Something else:

Additional thoughts?

3. Now What?

Measuring your marriage is one thing, helpful as it may be. Being committed to live more fulfilled lives together and making significant changes is quite another.

Talking together about what you'd like to see improved is Step 1. Step 2 is making an appointment to visit with us to work through some of the complications. Step 3 is stepping is crafting the plans for a new relationship, deciding on a renewed commitment, organizing your time and finances, working out a preferred conflict structure to make things a lot better.

We would like to help you with the "now what" questions for your relationship. Do email or phone us when you have a moment. Or you could make a moment now.