TRQ

Directions: Using the scale below, please use the blank provided to write the number which best represents your views on the following statements:

<table>
<thead>
<tr>
<th>Disagree</th>
<th>Slightly Disagree</th>
<th>Slightly Agree</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

1. It is important to make a consistent effort to tend to my relationship.  
2. I believe that my relationship is best thought of in terms of marital health--similar to physical, dental, or child health.
3. A regular checkup can be a valuable part of maintaining marital health.
4. Periodically checking in with a professional could be helpful for my marriage.
5. Regular efforts to maintain and enhance a relationship are essential for keeping a marriage together “over the long haul.”
6. Taking care of my marital health is similar to taking care of my physical health.
7. Just like staying physically healthy requires regular exercise and keeping a balanced diet, staying “maritally healthy” requires doing relationship-healthy things on a regular basis.