

S C Q

**The following questions should be answered based on your marriage.
Write the number on the 1-5 scale that matches your answer.**

1	2	3	4	5
Strongly Disagree			Strongly Agree	
1. As far as I'm concerned, I don't have any problems in my marriage that need changing.				
2. I think my marriage might be ready for some improvement.				
3. I am doing something about the issues in my marriage that have been bothering me.				
4. It might be worthwhile to work on my marriage.				
5. I don't think my marriage has any problems that I need help with.				
6. I'm worried that the changes I've made in my marriage won't last without help.				
7. I am working on our marital problems.				
8. I have been thinking I might want to change some things about my marriage.				
9. I have been successful in working on our marital problems with my partner, but I'm not sure we can keep up the effort on our own.				
10. At times our marital problems are difficult, but I am working on them.				
11. I think that seeking help for our marriage would be a waste of time for us.				
12. I sometimes wonder if my marriage might need work.				
13. I guess we have problems in our marriage, but there is nothing I really need to change.				
14. I am really working hard to change problems in our marriage.				
15. I really think I should work on the issues in my marriage.				
16. I'm working hard to prevent the reoccurrence of problems we've already worked out in our marriage.				

Date: _____
Husband / Wife

ID #: _____
Pre / FB / 6 / 12

1	2	3	4	5
Strongly Disagree			Strongly Agree	
17. Even though I'm not always successful, I am at least working on our marital issues.				
18. I thought that once I had resolved the problems in my marriage I would be free of them, but sometimes I still find myself struggling with them.				
19. I wish I had more ideas on how to resolve our marital issues.				
20. I have started to work on our marital issues, but I would still like help.				
21. Maybe someone else can help us with our marriage.				
22. We may need a boost right now to help us maintain the changes in our marriage we've already made.				
23. I may be part of my marital problems, but I don't really think I am.				
24. I'd like to get some good advice about my marriage.				
25. Anyone can talk about improving their marriage; I'm actually doing something about it.				
26. All this talk about relationships is boring. Why can't people just forget about their marital problems.				
27. I'm working to prevent a relapse of our marital problems.				
28. It is frustrating, but I feel that I might be having a recurrence of a marital problem I thought I had resolved.				
29. I have worries about my marriage, but so does the next person. Why spend time thinking about them?				
30. I am actively working on my marital problems.				
31. I would rather cope with our marital issues than try to change them.				
32. After all I have done to try to change my marital problems, every now and again they come back.				

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