

## TRQ

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

Disagree	Slightly Disagree	Slightly Agree	Agree
1	2	3	4

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