

## RELATIONSHIP QUALITY INDEX

---

Instructions: Circle the number that best describes the degree of satisfaction you feel in various areas of your relationship with your partner.

|  | Very<br>strongly<br>disagree | Strongly<br>disagree | Disagree | Neither<br>agree nor<br>disagree | Agree | Strongly<br>agree | Very<br>strongly<br>agree |   |                    |    |
|--|------------------------------|----------------------|----------|----------------------------------|-------|-------------------|---------------------------|---|--------------------|----|
| 1. We have a good relationship   | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         |   |                    |    |
| 2. My relationship with my partner is very stable                                    | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         |   |                    |    |
| 3. My relationship with my partner is strong   | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         |   |                    |    |
| 4. My relationship with my partner makes me happy                                    | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         |   |                    |    |
| 5. I really feel like part of a team with my partner                                 | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         |   |                    |    |
| 6. All things considered, what degree of happiness best describes your relationship? | 1                            | 2                    | 3        | 4                                | 5     | 6                 | 7                         | 8 | 9                  | 10 |
|  | Unhappy                      |                      |          |                                  | Happy |                   |                           |   | Perfectly<br>happy |    |

*Note.* From "Measuring marital quality: A look at the dependent variable," by R. Norton, 1983, *Journal of Marriage and the Family*, 45, p. 147. Copyright 1983 by the National Council on Family Relations, US. Adapted with permission.