

THE MARRIAGE ASSESSMENT BIOGRAPHICAL QUESTIONNAIRE

NAME _____ DATE _____

A. Sex: Male Female B. Age _____ C. Date of Birth _____

D. Racial-Ethnic Heritage: _____ Caucasian _____ Black _____ Native American
 _____ Mexican-American _____ Oriental Other: _____

E. What is your current marital status? _____ Single _____ Engaged _____ Living with another
 _____ Married _____ Separated _____ Divorced _____ Widowed

F. What is the highest grade satisfactorily completed? (Circle) 8th Some High Tech/ 2 yrs 4 yrs + Post-
 or high school vocat college college grad
 less school graduate grad grad grad degree

G. What is your primary occupation, if employed? _____

H. What is your mate's occupation, if employed? _____

INSTRUCTIONS

This questionnaire asks about those social, psychological, personal and behavioral areas within a couple's life where people may have some difficulties. Please answer **all** the questions to help provide for you the best marriage assessment possible. It is very important not to leave any questions blank. If you are not sure how to answer any question, place an "X" by the number of the question.

Answer each question by circling the number which best describes you at this time in your life.

EXAMPLE:	Very Dissatisfied			Very Satisfied		
How satisfied are you –all with your relationship with your mate? (Circle)	0	1	2	3	4	5

By circling a "1" this means you are "seriously dissatisfied" with your present relationship with your mate.

	Very Dissatisfied				Very Satisfied	
	0	1	2	3	4	5
1. How satisfied are you over-all with your occupational situation whether or not you a wage?	0	1	2	3	4	5
2. How satisfied are you over-all with your financial situation over the past two years?	0	1	2	3	4	5
3. How satisfied are you with your over-all present educational achievements?	0	1	2	3	4	5
4. How satisfied are you with your present use of your leisure time?	0	1	2	3	4	5
5. If you drink alcohol, how satisfied with your use of it?	0	1	2	3	4	5
6. How satisfied are you with your comfort and ability to express affectionate concern through touch?	0	1	2	3	4	5
7. How satisfied are you with the frequency of and mutual initiation of sexual activity with your mate over the past year?	0	1	2	3	4	5
8. How satisfied are you with the passionate experiences and sensual pleasures of your sexual activity with your mate over the past year?	0	1	2	3	4	5
9. How satisfied are you with your ability to communicate your feelings openly and honestly with your mate over the past year.	0	1	2	3	4	5
10. How satisfied are you with your ability to let other persons know what emotions you are feeling (such as loneliness, anger, helplessness, feeling unsafe), and what stimulated those feelings?	0	1	2	3	4	5
11. How satisfied are you with your ability to stand up for your thoughts, feelings, and ideas with your mate?	0	1	2	3	4	5
12. How satisfied are you with your ability to develop a trustworthiness of "emotional safety" with your mate, allowing him/her to seek a close friendship with you?	0	1	2	3	4	5
13. How satisfied are you with the number of close friendships you have developed?	0	1	2	3	4	5
14. How satisfied are you with your present living situation, home, neighborhood, travel to work, etc.	0	1	2	3	4	5

	Very Dissatisfied			Very Satisfied		
15. How satisfied are you with your present marital status?	0	1	2	3	4	5
16. How satisfied are you with your present bodily fitness and health condition?	0	1	2	3	4	5
17. How satisfied are you with your present involvement spiritual, religious or church experiences and activities?	0	1	2	3	4	5
18. How satisfied are you with your personal growth as an individual?	0	1	2	3	4	5
19. How satisfied are you with your personal relationship with God and a meaningful spiritual journey in life?	0	1	2	3	4	5
20. How satisfied are you with your present involvement with community activities and service projects?	0	1	2	3	4	5
21. How satisfied are you with your present relationship with your children, if present?	0	1	2	3	4	5
22. How satisfied are you with your social life that you and your mate share together?	0	1	2	3	4	5
23. How satisfied are you with your ability to identify conflict situations with your mate, to express your feelings caringly during the conflict, and respond in what to resolve or diminish the conflict?	0	1	2	3	4	5
24. How satisfied are you with the private time that you and your mate spend together on a regular basis - say monthly - in which you devote your focus and energy on each other or your relationship for the main purpose of enhancing your couple life?	0	1	2	3	4	5
A. What do you presently estimate to be the number of hours you and your mate experience together – on an average monthly basis – devoted to the enhancement of your couple life?					___	hours per month average
B. If you prefer this to be different than present, how many hours – on an average monthly basis – would you like for you and your mate to devote in private time for the enhancement of your couple life?					___	hours per month average

28. With regard to yourself and your mate, how frequently, if at all, do each of you struggle with any of the following life situations?

	Never	Rarely	Occasion-ally	Fre- quently	Almost Always	
A. How often have you had sleeping difficulties in the past few months?	0	1	2	3	4	5
B. How often has your mate has sleeping difficulties in the past few months?	0	1	2	3	4	5
C. How often have you felt unusually fatigued or tired in the past few months?	0	1	2	3	4	5
D. How often has your mate felt unusually fatigued or tired in the past few months?	0	1	2	3	4	5
E. How often have you felt yourself to be discouraged or depressed recently?	0	1	2	3	4	5
F. How often has your mate seem to feel discouraged or depressed recently?	0	1	2	3	4	5
G. How often have you had difficulty in making decisions in the past few months?	0	1	2	3	4	5
H. How often has your mate had difficulty in making decision in the past few months?	0	1	2	3	4	5
I. How often has your anger create difficulties for you or others recently?	0	1	2	3	4	5
J. How often has your mate's anger created difficulties for you or others recently?	0	1	2	3	4	5
K. How often have you had thoughts of wanting to hurt or injure yourself or others recently?	0	1	2	3	4	5
L. How often has your mate had thoughts of wanting to hurt or injure you or others?	0	1	2	3	4	5
M. How often have you been crying, even if on the inside only, in the past few months?	0	1	2	3	4	5
N. How often has your mate been crying, even if on the inside only, in the past few months?	0	1	2	3	4	5
O. How often have you had episodes of panic or fear in the past few months?	0	1	2	3	4	5
P. How often has your mate had episodes of panic or fear in the past few months?	0	1	2	3	4	5
Q. Have you within the past 10 years threatened to harm yourself or wanted to die?	No___ Yes___ If yes, when: _____					
R. Has your mate within the past 10 years threatened to harm him/herself or wanted to die?	No___ Yes___ If yes, when: _____					
S. Have you ever attempted deliberately to harm yourself or to end your life?	No___ Yes___ If yes, when: _____					
T. Has your mate ever attempted deliberately to harm him/herself or to end his/her life?	No___ Yes___ If yes, when: _____					
U. Have you ever taken an overdose of drugs during your life?	No___ Yes___ If yes, when: _____					
V. Has your mate ever taken an overdose of drugs during his/her life?	No___ Yes___ If yes, when: _____					

Please provide any additional information, symptoms or otherwise, on an additional sheet of paper.

Thank your for your cooperation! RBN