

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 strongly disagree	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Very strongly 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 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.