

### Marital Happiness Scale (MHS)

This scale is intended to estimate your current happiness with your marriage on each of the ten dimensions listed. You are to circle one of the numbers (1-10) beside each marriage area. Numbers toward the left end of the ten-unit scale indicate some degree of unhappiness and numbers toward the right end of the scale reflect varying degrees of happiness. Ask yourself this question as you rate each marriage area: "If my partner continues to act in the future as he /she is acting today with respect to this marriage area, how happy will I be I be with this area of our marriage?" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the marital areas. Also try not to allow one category to influence the results of the other categories.

	1	2	3	4	5	6	7	8	9	10
Household responsibilities										
Rearing of children										
Social activities										
Money										
Communication										
Sex										
Academic (or occupational) progress										
Personal independence										
Spouse independence										
General happiness										

Name:

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Date:

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Refer to accompanying descriptors of categories. Fill out each night of the week. Work on a maximum of 3 areas per week. Please rate unattended problem categories. These can act as a 'control' or comparison for assessing changes in areas being worked on.

Azrin, N., Naster, B. and Jones, R.  
 "Reciprocity counselling: A rapid learning-based procedure for marital counselling"  
 Behaviour Research and Therapy, 1973, Vol 11, pp.365-382.