

THE VALENTINE SCALE

1. I can collaborate well and solve practical problems with my partner.

- 3 Always
- 2 Often
- 1 Seldom
- 0 Never

2. I feel that I can confide in my partner.

- 3 Always
- 2 Often
- 1 Seldom
- 0 Never

3. When my partner and I disagree or have a conflict, I quickly get over it.

- 3 Always
- 2 Often
- 1 Seldom
- 0 Never

4. How often in the recent past have you thought that your relationship is not good?

- 0 Always
- 1 Often
- 2 Seldom
- 3 Never

5. How often have you recently considered separating from your partner?

- 0 Always
- 1 Often
- 2 Seldom
- 3 Never

6. How emotionally close do you feel to your partner?

- 3 Very close
- 2 Somewhat close
- 1 Just a little close
- 0 Not close

7. Overall, how satisfied are you with your relationship?

- 3 Very satisfied
- 2 Somewhat satisfied
- 1 Somewhat unsatisfied
- 0 Very unsatisfied

Total Score: _____