Post-Marital Questionnaire

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Church of God in Jamaica

July 2015

Needs Based Analysis

# Name Date

Church\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This questionnaire is designed to help married couples evaluate the meeting of their most important emotional needs by their spouse. The questions are not exhaustive and thus do cover every area of one’s marriage. On the other hand the questions are adequate enough to act as a thermometer to measure the temperature of one’s marriage. The questions also provide much analysis for continued post-marital counselling so that couples can address the fundamental issues in their marriages.

Answer all the questions as candidly as possible. Do not try to minimize any needs that you feel have been unmet. If your answers require more space, use and attach a separate sheet of paper.

The final page of this questionnaire asks you to identify and rank five of the ten needs in order of their importance to you. The most important emotional needs are those that give you the most pleasure when met and frustrate you the most when unmet.

1. **Affection.** The non-sexual expression of care through words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses care.
   1. **Personal need for affection:** Indicate how much you need affection by circling the appropriate number.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need for affection

I HHave a moderate need for affection

I have a great need for affection

If or when your spouse *is not* affectionate with you, how do you feel? (*Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to be shown affection

If or when your spouse is affectionate to you, how do you feel? (*Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to be shown affection
   1. **Evaluation of spouse’s affection:** Indicate your satisfaction with your spouse’s affection toward you by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I I

I I am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse gives me all the affection I need. Yes No

If your answer is no, how often would you like your spouse to be affectionate with you?

(write number) times each day/week/month (circle one).

I like the way my spouse gives me affection. Yes No

If your answer is no, explain how your need for affection could be better satisfied in your marriage.

1. **Sexual fulfillment.** A sexual experience that is predictably enjoyable and frequent enough for you.
   1. **Need for sexual fulfillment:** Indicate how much you need sexual fulfillment by circling the appropriate number.

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| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
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I have no need

for sexual fulfillment

I h

A Have a modeerate need for sexual fulfillment

I have a great need for sexual

fulfillment

If or when your spouse *is not* willing to engage in sexual relations with you, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to engage in sexual relations

If or when your spouse engages in sexual relations with you, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to engage in sexual relations
   1. **Evaluation of sexual relations with your spouse:** Indicate your satisfaction with your spouse’s sexual relations with you by circling the appropriate number.

–3 –2 –1 0 1 2 3

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I am extremely dissatisfied

I

I I am neither satisfied nor dis-satisfied

d

I am extremely

satisfied

My spouse has sexual relations with me as often as I need. Yes No

If your answer is no, how often would you like your spouse to have sex with you?

(write number) times each day/week/month *(circle one).*

I like the way my spouse has sexual relations with me. Yes No

If your answer is no, explain how your need for sexual fulfillment could be better satisfied in your marriage.

1. **Intimate conversation.** Talking about feelings, topics of personal interest/ opinions, and plans.
   1. **Need for intimate conversation:** Indicate how much you need intimate conversation by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for intimate conversation

I have a moderate need for intimate conversation

I have a great need for intimate

conversation

If or when your spouse *is not* willing to talk with you, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to talk

If or when your spouse talks to you, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to talk
   1. **Evaluation of intimate conversation with your spouse:** Indicate your satisfaction with your spouse’s intimate conversation with you by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | |

I am extremely dissatisfied

I

I I am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse talks to me as often as I need. Yes No

If your answer is no, how often would you like your spouse to talk to you?

(write number) times each day/week/month (circle one).

(write number) hours each day/week/month (circle one).

I like the way my spouse talks to me. Yes No

If your answer is no, explain how your need for intimate conversation could be better satisfied in your marriage.

1. **Recreational companionship.** Leisure activities with at least one other person.
   1. **Need for recreational companionship:** Indicate how much you need recreational companionship by circling the appropriate number.

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| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for recreational

companionship

I have a moderate need for recreational companionship

I have a great need for

recreational companionship

If or when your spouse *is not* willing to join you in recreational activities, how do you feel? (*Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to have my spouse join me

If or when your spouse joins you in recreational activities, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to have my spouse join me
   1. **Evaluation of recreational companionship with your spouse:** Indicate your satisfaction with your spouse’s recreational companionship by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

aI am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse joins me in recreational activities as often as I need.

Yes No

If your answer is no, how often would you like your spouse to join you in recreational activities?

(write number) times each day/week/month (circle one).

(write number) hours each day/week/month (circle one).

I like the way my spouse joins me in recreational activities. Yes No

If your answer is no, explain how your need for recreational companion- ship could be better satisfied in your marriage.

1. **Honesty and openness.** Truthful and frank expression of positive and negative feelings, events of the past, daily events and schedule, and plans for the future; not leaving a false impression.
   1. **Need for honesty and openness:** Indicate how much you need honesty and openness by circling the appropriate number.

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| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for honesty and openness

I have a moderate need for honesty and openness

I have a great need for honesty

and openness

If or when your spouse *is not* open and honest with you, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy that my spouse isn’t honest and open

If or when your spouse is open and honest with you, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy that my spouse is honest and open
   1. **Evaluation of spouse’s honesty and openness:** Indicate your satisfaction with your spouse’s honesty and openness by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

I I am neither satisfied nor dissatisfied

I am extremely

satisfied

In which of the following areas of honesty and openness would you like to see improvement from your spouse? (*Circle the letters that apply to you.)*

1. Sharing positive and negative emotional reactions to significant aspects of life
2. Sharing information regarding his/her personal history
3. Sharing information about his/her daily activities
4. Sharing information about his/her future schedule and plans

If you circled any of the above, explain how your need for honesty and openness could be better satisfied in your marriage.

1. **Physical attractiveness.** Viewing physical traits of the opposite sex that are aesthetically and/or sexually pleasing.
   1. **Need for physical attractiveness:** Indicate how much you need physical attractiveness by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for physical attractiveness

I have a moderate need for physical attractiveness

I have a great need for physical

attractiveness

If or when your spouse *is not* willing to make the most of his or her physical attractiveness, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy he or she does not make an effort

When your spouse makes the most of his or her physical attractiveness, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to see him or her make an effort
   1. **Evaluation of spouse’s attractiveness:** Indicate your satisfaction with your spouse’s attractiveness by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

II am neither satisfied nor dissatisfied

I am extremely

satisfied

In which of the following characteristics of attractiveness would you like to see improvement from your spouse? *(Circle the letters that apply.)*

1. Physical fitness and normal weight
2. Attractive choice of clothes
3. Attractive hairstyle
4. Good physical hygiene
5. Attractive facial makeup
6. Other

If you circled any of the above, explain how your need for physical attractiveness could be better satisfied in your marriage.

1. **Financial support.** Provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you.
   1. **Need for financial support:** Indicate how much you need financial sup- port by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for financial support

I have a moderate need for financial support

I have a great need for financial

support

If or when your spouse *is not* willing to support you financially, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to be financially supported

If or when your spouse supports you financially, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to be financially supported
   1. **Evaluation of spouse’s financial support:** Indicate your satisfaction with your spouse’s financial support by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

aI am neither satisfied nor dissatisfied

I am extremely

satisfied

How much money would you like your spouse to earn to support you?

How many hours each week would you like your spouse to work?

If your spouse is not earning as much as you would like, is not working the hours you would like, does not budget the way you would like, or does not earn an income the way you would like, explain how your need for financial support could be better satisfied in your marriage

1. **Domestic support.** Management of the household tasks and care of the children—if any are at home—that create a home environment that offers you a refuge from stress.
   1. **Need for domestic support:** Indicate how much you need domestic support by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
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I have no need

for domestic support

I I have a moderate need for domestic support

I have a great need for domestic

support

If your spouse *is not* willing to provide you with domestic support, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to have domestic support

If or when your spouse provides you with domestic support, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to have domestic support
   1. **Evaluation of spouse’s domestic support:** Indicate your satisfaction with your spouse’s domestic support by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

I I am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse provides me with all the domestic support I need.

Yes No

I like the way my spouse provides domestic support.

Yes No

If your answer is no to either of the above questions, explain how your need for domestic support could be better satisfied in your marriage.

1. **Family commitment.** Provision for the moral and educational development of your children within the family unit.
   1. **Need for family commitment:** Indicate how much you need family commitment by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need

for family commitment

I have a moderate need for family commitment

I have a great need for family

commitment

If or when your spouse *is not* willing to provide family commitment, how do you feel*? (Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy he or she is not involved

If or when your spouse provides family commitment, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy he or she is involved in the family
   1. **Evaluation of spouse’s family commitment:** Indicate your satisfaction with your spouse’s family commitment by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I

I I am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse commits enough time to the family. Yes No

If your answer is no, how often would you like your spouse to join in family activities?

(write number) times each day/week/month (circle one).

(write number) hours each day/week/month (circle one).

I like the way my spouse spends time with the family. Yes No

If your answer is no, explain how your need for family commitment could be better satisfied in your marriage.

1. **Admiration.** Being shown respect, value, and appreciation.
   1. **Need for admiration:** Indicate how much you need admiration by circling the appropriate number.

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| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | | | | | | | | |

I have no need for admiration

I have a moderate need for admiration

I hHave a great need for admiration

If or when your spouse *does not* admire you, how do you feel? *(Circle the appropriate letter.)*

1. Very unhappy c. Neither happy nor unhappy
2. Somewhat unhappy d. Happy not to be admired

If or when your spouse does admire you, how do you feel? *(Circle the appropriate letter.)*

1. Very happy c. Neither happy nor unhappy
2. Somewhat happy d. Unhappy to be admired
   1. **Evaluation of spouse’s admiration:** Indicate your satisfaction with your spouse’s admiration of you by circling the appropriate number.

–3 –2 –1 0 1 2 3

| | | | | | |

I am extremely dissatisfied

I I

I am neither satisfied nor dissatisfied

I am extremely

satisfied

My spouse gives me all the admiration I need. Yes No

If your answer is no, how often would you like your spouse to admire you?

(write number) times each day/week/month (circle one).

I like the way my spouse admires me. Yes No

If your answer is no, explain how your need for admiration could be better satisfied in your marriage.

**Ranking Your Emotional Needs**

# The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness.

In the space provided before each need, write a number from 1 to 5 that ranks the need’s importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, ranging to five for the least important need.

Affection

Sexual fulfillment

Intimate conversation

Recreational companionship

Honesty and openness

Physical attractiveness of spouse

Financial support

Domestic support

Family commitment

Admiration

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