**Couples Happiness Scale**

Client ID#: \_\_\_\_\_\_\_\_\_ Clinician: \_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Begin Time:** \_\_\_\_\_\_\_\_\_ am / pm

***Instructions:*** For each area below, please circle the number that represents how happy you are with your significant other(s).A100% means that you are completely happy with your significant other(s) and 0% means that you are completely unhappy with your significant other(s). Higher numbers mean that you are more happy. It helps to ask yourself: “How happy am I today with my significant other(s) in this area of our relationship?”

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| --- | --- |
| Area | ☹ Unhappy 😐 Happy ☺ |
| 1. Household responsibilities | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Raising the children | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Social activities | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Money management | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Communication | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Sex and affection | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Job or school | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Emotional support | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Reaction to my drug and/ or alcohol use (if applicable) | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Personal Independence | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. Partner’s independence | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |
| 1. General happiness | ☹ Unhappy 0% 10 20 30 40 50 60 70 80 90 100% Happy ☺ |

**End Time:** \_\_\_\_\_\_\_\_\_ am / pm