**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?”

|  |  |
| --- | --- |
| 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