

Relationship Assessment Scale (RAS)

1	How often does your partner meet your needs?	Poorly		Average		Extremely Well
		1	2	3	4	5
2	In general, how satisfied are you with your relationship?	Unsatisfied		Average		Extremely Satisfied
		1	2	3	4	5
3	How good is your relationship compared to most?	Poor		Average		Excellent
		1	2	3	4	5
4	How often do you wish you hadn't gotten in this relationship?	Never		Average		Very Often
		1	2	3	4	5
5	To what extent has your relationship met your original expectations:	Hardly at all		Average		Completely
		1	2	3	4	5
6	How much do you love your partner?	Not much		Average		Very Much
		1	2	3	4	5
7	How many problems are there in your relationship?	Very few		Average		Very Many
		1	2	3	4	5

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Score	Level of Relationship Satisfaction
7-14	Low Satisfaction
15-21	Average Satisfaction
22-35	High Satisfaction