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BURNS RELATIONSHIP SATISFACTION SCALE

RELATIONSHIP SATISFACTION SCALE

Place an (x) in the box to the right of each category that best describes the amount of satisfaction you feel in your closest relationship.

	0 Very Dissatisfied	1 Moderately Dissatisfied	2 Slightly Dissatisfied	3 Neutral	4 Slightly Satisfied	5 Moderately Satisfied	6 Very Satisfied
1. Communication and openness							
2. Resolving conflicts and arguments							
3. Degree of affection and caring							
4. Intimacy and closeness							
5. Satisfaction with your role in the relationship							
6. Satisfaction with the other person's role							
7. Overall satisfaction with your relationship							
Total score on items 1-7							

Note: Although this test assesses your marriage or most intimate relationship, you can also use it to evaluate your relationship with a friend, family member, or colleague. If you do not have any intimate relationships at this time, you can simply think of people in general when you take the test.

RELATIONSHIP SATISFACTION SCALE

The Relationship Satisfaction Scale (RSAT) evaluates how satisfied you feel about your most intimate relationship. It is suitable for both heterosexual and same-sex relationships. Although this test was designed to measure marital satisfaction, you can also use it to evaluate a relationship with a friend, lover, family member, or colleague. If you do not have any close relationships at this time, you can simply think of people in general when taking the test.

Depression and low self-esteem often result from troubled marriages and from tensions in family and professional relationships. Many of us base our self-esteem on being cared about and valued by others. If you feel lonely or unloved, it is natural to feel sad. It will be interesting to see if your feelings of intimacy and satisfaction in personal relationships increase as your self-esteem improves.

The seven items on the RSAT ask about communication and openness, resolving conflicts and arguments, and the degree of affection and caring. For each item on the scale, indicate how satisfied you have recently been feeling between "very dissatisfied" (scored 0) and "very satisfied" (scored 6).

After you have completed the Relationship Satisfaction Scale, add up your total score. Put the total in the box at the bottom. Your score will be between 0 (if you answered "very dissatisfied" for all seven relationship areas) and 42 (if you answered "very satisfied" for all seven relationship areas). Use the scoring key to interpret your score.

How to use the scoring key: First, locate your score in the left-hand column, which is labeled "Total score." Let's assume that your score was less than 10. Now look in the second column, labeled "Level of satisfaction." This column indicates that you probably feel extremely dissatisfied with your relationship. The third column of the scoring key indicates that at least 75% of people with troubled relationships will score higher than this. This means that most of them feel more satisfied with their partners than you do. The fourth column indicates that 100% of the people with successful relationships will score higher than you. The bottom line is that you are extremely unhappy with your partner. You are not a happy camper!

Caution: This does *not* mean you necessarily have a *bad* relationship, and the test does not say who is to blame for the difficulties. It simply means that you are exceedingly dissatisfied and that there is much room for improvement.

In contrast, let's assume that you scored between 31 and 35 on the RSAT. The second column indicates that you probably feel somewhat satisfied with your relationship. You can see in the third column that only about 5% of people with troubled relationships will score higher. This means you feel better about your relationship than 95% of the people with troubled ones. That's good. The far right column indicates that 50% of people with successful relationships will score higher. This means you are doing reasonably well, but there is considerable room for improvement to make your relationship even better.

It's important to remember that the RSAT does not measure how "good" or "adequate" any marriage or relationship is. It simply measures how satisfied or dissatisfied you feel. How good is a good relationship? How bad is a bad one?

SCORING KEY FOR THE RELATIONSHIP SATISFACTION SCALE

Total Score	Level of Satisfaction	Percentage of People with Troubled Relationships Who Score Higher	Percentage of People with Successful Relationships Who Score Higher
0 - 10	extremely dissatisfied	75%	100%
11 - 20	very dissatisfied	35%	95%
21 - 25	moderately dissatisfied	25%	90%
26 - 30	somewhat dissatisfied	15%	75%
31 - 35	somewhat satisfied	5%	50%
36 - 40	moderately satisfied	1%	10%
41 - 42	very satisfied	less than 1%	less than 1%