

# Compatibility Questionnaire

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susanpeabody@gmail.com

## Instructions

This questionnaire is designed for use by couples, prior to marriage, to determine their level of compatibility. It is also designed to help married couples determine those areas in their marriage where they may be experiencing difficulty.

Each participant should have their own separate compatibility questionnaire and all the questions should be answered in writing.

DO NOT total the scores. After each person answers the questions, the answers should be compared. The point of the questionnaire is to determine the similarities (or lack thereof) in a couples interests and values. Opposites may attract, but it is those ways in which partners are similar that will predict how long and successful a relationship will be.

These questions are meant to stimulate a dialogue between two individuals. For this reason, this exercise should typically take weeks, not hours, to complete.

In terms of scoring, when one person scores "1" on an item, and the other scores a "5" the item needs to be looked at and evaluated in terms of the extent to which you as a couple feels it takes away from your compatibility. Scores that are similar in numeric values are a good sign. For example, scores of "1" and "2" or "4" and "5" would indicate similarity. Identical scores are not necessarily the goal. Self-awareness the goal.

Each couple is different but receiving the same or very similar answers for more than 50% of the questions would indicate compatibility.

Remember, each person should be completely honest in their responses. Trying to spare your partner's feelings, or saying what you think your partner wants to hear, defeats the purpose of this questionnaire. We must not be blinded or controlled by *romantic* love.



## Intimacy

On a scale of 1-5:

1 is all the time; 2 is most of the time. 3 is sometimes; 4 is hardly ever; 5 is never.

\_\_\_\_\_ I desire to promote the welfare of my partner.

\_\_\_\_\_ I am happy with my partner.

\_\_\_\_\_ I hold my partner in high regard.

\_\_\_\_\_ I am able to count on my partner in a time of need.

\_\_\_\_\_ I willingly share myself and my possessions with my partner.

\_\_\_\_\_ I receive emotional support from my partner.

\_\_\_\_\_ I give emotional support to my partner.

\_\_\_\_\_ I am devoted to my partner.

\_\_\_\_\_ I feel hemmed in and suffocated in this relationship.

\_\_\_\_\_ It makes me happy to make my partner happy.

\_\_\_\_\_ I like the way I feel about myself when I am with my partner.

\_\_\_\_\_ I feel I can really trust my partner.

\_\_\_\_\_ I share deeply personal information about myself with my partner.

Comments

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## Readiness

\_\_\_\_\_ I can accept myself for whom I am.

\_\_\_\_\_ I accept my partner for who he/she is.

\_\_\_\_\_ I am reliable and dependable.

\_\_\_\_\_ I have a lot of self-esteem. (This means feeling good about yourself.)

\_\_\_\_\_ I am open to the fact that there will be days when the relationship seems very ordinary or even boring? (Many people tend to have an “all or nothing” mentality. They either want a relationship to be exciting all the time, or they live with unbearable pain rather than move on. Healthy relationships are sometimes lukewarm.)

\_\_\_\_\_ I am willing to grow and change with the help of outside sources like books, therapy and workshops?

\_\_\_\_\_ I feel at ease with my partner.

\_\_\_\_\_ I am willing to face my problems (without over-reacting).

\_\_\_\_\_ I respect and admire my partner?

\_\_\_\_\_ I like to save money.

\_\_\_\_\_ I like to spend money.

\_\_\_\_\_ I am religious.

\_\_\_\_\_ I am spiritual.

\_\_\_\_\_ I want to go to church with my partner.

\_\_\_\_\_ I share my partner=s values about religion/spirituality.

\_\_\_\_\_ I feel there is reciprocity (give and take) in my relationship.

\_\_\_\_\_ I like being around my partner=s relatives.

\_\_\_\_\_ I am loyal.

\_\_\_\_\_ I *like* my partner.

\_\_\_\_\_ I want to have children.



## Personality

On a scale of 1-5:

1 is all the time; 2 is most of the time. 3 is sometimes; 4 is hardly ever; 5 is never.

\_\_\_\_\_ I am controlling.

\_\_\_\_\_ I give in easily

\_\_\_\_\_ I hold grudges.

\_\_\_\_\_ I lose my temper easily

\_\_\_\_\_ I am able to control my anger under stress?

\_\_\_\_\_ I can handle someone else's anger

\_\_\_\_\_ I like to spend money.

\_\_\_\_\_ I like to save money.

\_\_\_\_\_ I like to give to charity.

\_\_\_\_\_ I pay my bills on time?

\_\_\_\_\_ I am a procrastinator.

\_\_\_\_\_ I am honest.

\_\_\_\_\_ I am able to talk to strangers when I go out in public?

\_\_\_\_\_ I am shy.

\_\_\_\_\_ I like to spend my leisure time actively socializing with other people.

\_\_\_\_\_ I feel the need to get away and be alone after prolonged socializing.

\_\_\_\_\_ I like the outdoors.

\_\_\_\_\_ I like to be indoors.

\_\_\_\_\_ I am a homebody.

\_\_\_\_\_ I get nervous easily.



- \_\_\_\_\_ I tend to be enthusiastic about new things.
- \_\_\_\_\_ I tend to work too hard and too long.
- \_\_\_\_\_ I am a very productive person.
- \_\_\_\_\_ I would rather eat out at a restaurant than at home.
- \_\_\_\_\_ I feel sorry for people less fortunate than myself.
- \_\_\_\_\_ I can resist temptation easily.
- \_\_\_\_\_ I resist change.
- \_\_\_\_\_ My political beliefs are very important to me.
- \_\_\_\_\_ I need my partner to be liked by my friends.
- \_\_\_\_\_ I often say things I later regret.
- \_\_\_\_\_ I don't experience strong emotions.
- \_\_\_\_\_ I love music.
- \_\_\_\_\_ I am very reliable.
- \_\_\_\_\_ I enjoy cooking.
- \_\_\_\_\_ I talk too much.
- \_\_\_\_\_ I am a follower not a leader.
- \_\_\_\_\_ I am very stubborn.
- \_\_\_\_\_ I respect other people's viewpoints.
- \_\_\_\_\_ I am not easily embarrassed by others.
- \_\_\_\_\_ I can admit it when I am wrong.
- \_\_\_\_\_ I trust reason rather than feelings.
- \_\_\_\_\_ The letter of the law is more important to me than the spirit of the law.
- \_\_\_\_\_ I like to get things done right away.

- \_\_\_\_\_ I tend to put things off.
- \_\_\_\_\_ I like to plan things in advance.
- \_\_\_\_\_ I am punctual.
- \_\_\_\_\_ I am organized.
- \_\_\_\_\_ I keep a to-do list?
- \_\_\_\_\_ I need to plan to be happy.
- \_\_\_\_\_ I like to be spontaneous.
- \_\_\_\_\_ I like an active and fast-paced life.
- \_\_\_\_\_ I like exercise.
- \_\_\_\_\_ I dislike people who don't exercise.
- \_\_\_\_\_ I care about how someone looks.
- \_\_\_\_\_ I like to travel.
- \_\_\_\_\_ I like to dance.
- \_\_\_\_\_ I am neat.
- \_\_\_\_\_ I am sloppy.
- \_\_\_\_\_ I watch porn?
- \_\_\_\_\_ I drink alcohol?
- \_\_\_\_\_ I smoke tobacco?
- \_\_\_\_\_ I use drugs?

yes    no    I have cheated on someone.

Comments

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## Mutual Expectations

Name the five things that you consider most important in a relationship.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List the following in the order of importance in the column to the right (1 is Amost important.)

- |                    |    |       |
|--------------------|----|-------|
| Passion/Romance    | 1. | _____ |
| Sex                | 2. | _____ |
| Emotional Intimacy | 3. | _____ |
| Commitment         | 4. | _____ |
| Companionship      | 5. | _____ |
| Longevity          | 6. | _____ |
| Communication      | 7. | _____ |

Comments

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