

Confidence Scale

Please answer each question below by indicating how strongly you agree or disagree with the idea expressed related to your marriage or dating relationship. You can circle any number from 1 to 7 to indicate various levels of agreement or disagreement with the idea expressed. Please answer each item, and complete this independently of your partner.

1 = Strongly Disagree
2
3
4 = Neither Agree or Disagree
5
6
7 = Strongly Agree

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|---------------|--|
| 1 2 3 4 5 6 7 | I believe we can handle whatever conflicts will arise in the future. |
| 1 2 3 4 5 6 7 | I don't have much confidence in the future of my relationship. |
| 1 2 3 4 5 6 7 | I am not sure we can make this relationship work for the long haul. |
| 1 2 3 4 5 6 7 | I feel good about our prospects to make this relationship work for a lifetime. |
| 1 2 3 4 5 6 7 | We may not have what it takes to keep this relationship going. |
| 1 2 3 4 5 6 7 | We can handle just about anything that comes our way. |
| 1 2 3 4 5 6 7 | I am not sure that we can avoid divorce or breaking up in the future. |
| 1 2 3 4 5 6 7 | I am very confident when I think of our future together. |
| 1 2 3 4 5 6 7 | We have the skills a couple needs to make a marriage last. |
| 1 2 3 4 5 6 7 | Our risk for divorce or breakup is probably greater than average. |

KEY Confidence Scale KEY

Reverse scale the items with the “R” in front, and total all items for the total dedication score.
For reversed items, 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1.

This measure has good reliability and evidence of validity.

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|------------------------|--|
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| R 1 2 3 4 5 6 7 | I don't have much confidence in the future of my relationship. |
| R 1 2 3 4 5 6 7 | I am not sure we can make this relationship work for the long haul. |
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| R 1 2 3 4 5 6 7 | We may not have what it takes to keep this relationship going. |
| 1 2 3 4 5 6 7 | We can handle just about anything that comes our way. |
| R 1 2 3 4 5 6 7 | I am not sure that we can avoid divorce or breaking up in the future. |
| 1 2 3 4 5 6 7 | I am very confident when I think of our future together. |
| 1 2 3 4 5 6 7 | We have the skills a couple needs to make a marriage last. |
| R 1 2 3 4 5 6 7 | Our risk for divorce or breakup is probably greater than average. |

Score 60 and above Congrats! You're in a happy and committed relationship. You have great confidence that you'll be able to handle what's in your future with your partner.

Score between 51-59 You have a fair amount of confidence that you'll be able to handle what's in your future with your partner. What are the areas in which you have concern? Check in with your partner—does he or she score similarly and have similar concerns?

Score below 50 It appears that you have relatively low confidence in their ability to handle things well in the future with your partner. This is cause for some concern. What needs to change in order for you to feel more confident? What are the areas in which you have the greatest concern? Does your partner's score reflect the same concern?