

POST-SURVEY

Please complete the post-survey at the end of the course. Your responses will help Community Marriage Builders improve the quality of services offered to the community. Please do not put your name on this survey. All responses will be confidential.

Directions: For each of the following items, rate how much you agreed with the statement BEFORE beginning the course. Then rate how much you agree with the statement AFTER completing the course. Note that each item should have two ratings. Please respond to all items.

I am committed to...	BEFORE the course					AFTER the course				
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. Developing the skills to communicate better with my spouse.	1	2	3	4	5	1	2	3	4	5
2. Developing the skills to better resolve conflict in my marriage.	1	2	3	4	5	1	2	3	4	5
3. Developing a stronger connection to my spouse.	1	2	3	4	5	1	2	3	4	5
4. Maintaining a stable marriage.	1	2	3	4	5	1	2	3	4	5

Item	BEFORE the course					AFTER the course				
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
5. I know <u>where</u> to seek marriage resources and support services when I need them.	1	2	3	4	5	1	2	3	4	5
6. I know <u>how</u> to seek marriage resources and support services when I need them.	1	2	3	4	5	1	2	3	4	5
7. I have the skills to effectively communicate with my spouse.	1	2	3	4	5	1	2	3	4	5

Item	BEFORE the course					AFTER the course				
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
8. I am able to get my point across to my spouse when I want to.	1	2	3	4	5	1	2	3	4	5
9. I tend to avoid discussing difficult topics with my spouse.	1	2	3	4	5	1	2	3	4	5
10. My spouse and I have a discussion before making important decisions.	1	2	3	4	5	1	2	3	4	5
11. I have the skills to help resolve conflict in my marriage.	1	2	3	4	5	1	2	3	4	5
12. I am able to work through problems with my spouse when they arise.	1	2	3	4	5	1	2	3	4	5
13. I am able to deal with problems in my marriage before they get out of control.	1	2	3	4	5	1	2	3	4	5
14. I feel comfortable when physically close to my spouse.	1	2	3	4	5	1	2	3	4	5
15. I feel like I can be myself around my spouse.	1	2	3	4	5	1	2	3	4	5
16. In general, I am satisfied with my marriage.	1	2	3	4	5	1	2	3	4	5
17. I know how to recognize when a relationship is physically or emotionally unsafe.	1	2	3	4	5	1	2	3	4	5
18. I am committed to making my marriage strong.	1	2	3	4	5	1	2	3	4	5
19. I feel confident that my marriage will last a lifetime.	1	2	3	4	5	1	2	3	4	5

<i>Please rate your level of agreement to the following statements (circle response):</i>	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
20. I learned new information from this program.	1	2	3	4	5
21. I plan to use the information I learned from this program.	1	2	3	4	5
22. This program was helpful to me personally.	1	2	3	4	5
23. I would recommend this program to others.	1	2	3	4	5
24. The instructor(s) answered questions clearly.	1	2	3	4	5
25. The instructor(s) related material to real-life situations.	1	2	3	4	5

26. Please circle the number that best represents your overall satisfaction with your participation in this course:

1 Very Dissatisfied	2 Dissatisfied	3 Neither Satisfied nor Dissatisfied	4 Satisfied	5 Very Satisfied
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27. Please circle the number that best represents your overall satisfaction with the instructor(s) of this course:

1 Very Dissatisfied	2 Dissatisfied	3 Neither Satisfied nor Dissatisfied	4 Satisfied	5 Very Satisfied
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28. Please circle the number that best represents your overall satisfaction with the facility used for this course:

1 Very Dissatisfied	2 Dissatisfied	3 Neither Satisfied nor Dissatisfied	4 Satisfied	5 Very Satisfied
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29. Please provide comments, if any, about the facility used for this workshop.

30. What information in this course was the most helpful?

31. What information in this course was the least helpful?

32. How do you think the information and skills will be useful in your life?

33. How would you describe the instructor(s), including style of presentation, knowledge of content, and anything else important to you?

34. Would you like to participate in other CMB experiences? Yes No

THANK YOU!