

# GRIMS

The Golombok Rust Inventory of Marital State

John Doe

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Confidential

SAMPLE REPORT



**UNIVERSITY OF  
CAMBRIDGE**

The Psychometrics Centre

## About the report

Scores on the GRIMS range from one to nine, with a score of one representing an excellent relationship and a score of nine representing one that is in very severe difficulties. A score of five is average. The scoring process was derived from a broad spectrum of comparison groups, ranging from attendees at relationship counselling clinics, through participants in large scale surveys such as the Millennium Cohort Study, to those about to consolidate their relationship through marriage vows or another ceremony.

## Marital state: Very Good

### Score



### Narrative

You are in a fortunate minority: only about 10% of the population obtain a score of 1 or 2. It seems that you have an almost perfect relationship. Your levels of effective communication, mutual trust and respect, commitment and compromise are to be envied. You delight in each other's presence and don't let the sun set over an argument. In fact you do not have arguments, only creative dialogues, and love seems always to find a way. If you've recently met then it may be that you are still seeing your partner through rose-tinted glasses. If you've known each other for a considerable period of time, then congratulations are in order.