

Name _____ Date _____

Couple Questionnaire

My goal is to gain understanding of your concerns that brought you to counseling, also to support healthy goals and interactions within the relationship. In this process you may increase the knowledge about yourself, about your partner and about the patterns within the relationship. I have found that often times one partner may come expecting the other partner to change while when BOTH made a change positive results took place. I have also found that honesty helps this process in so many ways; but can be challenging for one to say aloud and the other to hear; but if both are willing to communicate on that level this process can go faster and be most effective. I am not neutral, I support the truth, productiveness and healthy situations. **Please answer questions honestly and thoroughly.** If you don't know the answer put your best guess.

General

1. Why did you come to counseling/ who's idea was it?
2. What do you want to get out of counseling?

History

3. When did you meet and how long have you been committed?
4. Did family or friend disapprove or show a concern of the relationship?
5. What initially attracted you to your partner?
6. What was the beginning (the first 1-6 months or year) of the relationship like?

The Relationship/Partner

7. What's bothering you the most about this relationship?
8. What do you wish could change about this relationship?
9. What don't you like about you partner?
10. What do you hope could change about my partner?
11. Why are you in this relationship?
12. Why don't you leave the relationship?
13. What do you bring to this relationship?
14. What do your partner bring to this relationship?
15. Why do you think your partner is with you?
16. What can you improve on, in this relationship?

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17. Do you feel you are getting enough attention from your partner?
18. Do you feel connected to your partner? If no, explain.
19. Are there drug and alcohol issues in this relationship? explain.
20. Has there been AND is there currently sexual or emotional infidelity/cheating in this relationship, explain?
21. Has there been AND is there currently domestic violence in this relationship, explain?
22. How happy are you in this relationship out of 1-10; (10 being the happiest)?
23. Do you feel things are always your partner's way? Or always have to do it their way. True or false (if true explain)
24. Are the household chores balanced out between the both of you; is this set up ok with you and if not explain?
25. The saying: "who wears the pants" would be whom? Or who has most of the power in the relationship? (explain).
26. Are you keeping a secret from your partner that may need to be shared?
27. Do you ever wish you had not married? (a) Frequently (b) occasionally (c) rarely (d) never
28. If you had your life to live over again, do you think you would (a) marry the same person (b) different person (c) not marry at all?

Sex

29. Who initiates sex most often?
30. What's right about your sex life with partner?
31. What's wrong about your sex life with partner?
32. Do you and your partner know what the other partner like and dislike during sex and is it being done?
33. Can the sex life be better? (if so explain)

Finances

34. Are there financial issues in the relationship?
 35. Are the bills or output of monies balanced out between the both of you; is this set up ok with you, and if not (explain)?
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Friends/Social

- 36. Do you have some of the same friends as partner?
 - 37. Do you mostly go out with your partner or with other friends?
 - 38. How well do you get along with partner's family (explain)?
 - 39. Are you mostly a homebody or like to be out and about?
 - 40. Is your partner mostly a homebody or like to be out and about?
 - 41. My temper is problem in the relationship, my partner's temper is a problem in this relationship or both (explain)
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Emotions

- 42. Do you feel you can share your deepest concerns, desires, wants, needs, and self with your partner?
 - 43. Are you angry with your partner--yes or no (if yes, why)?
 - 44. Are you known to be moody--yes or no?
 - 45. Are you know to be aggressive --yes or no?
 - 46. Is your partner moody --yes or no?
 - 47. Is your partner aggressive--yes or no?
 - 48. How do you handle conflict?
 - 49. How does your partner handle conflict?
 - 50. Is there verbal and or emotional abuse in this relationship?
 - 51. What parentage is the conflict/concerns of this relationship effecting your daily life (0-100%)
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Arguments/Disagreements

52. How many days a week is there an argument/disagreement?
 53. Does the arguments/disagreements ever get physical? --yes or no
 54. What are the arguments mostly about?
 55. Are arguments ended with a solution or and an understanding?
 56. Describe your most recent argument. How did it start? And how did it end?
 57. Does someone end up leaving, how long do they day gone
 58. How long do you stay mad at each other and how attempt to make things better?
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What I like

59. What do you *admire* most about who your partner is?
 60. What do you enjoy the most *about being* with your partner?
 61. What would you *like to do with* your partner that you haven't done?
 62. Are there unresolved childhood issues, self-esteem, depression, anxiety, unkept morals or values etc. that may be an issue to the relationship? (explain)
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