

COUPLES QUESTIONNAIRE

Please answer each question as completely and accurately as possible. Your information will help me learn about your relationship and help me plan your treatment.

1. What are the things you most like about your relationship?
2. What do you like most about your partner?
3. What are the things you most want to change about your partner?
4. How often do you argue? What do you most argue about?
5. Describe in detail your most recent argument. How did it begin? How did it end?
6. When you argue, does someone end up leaving? Who? How long before they come back?
How long do you stay angry at each other?
7. Who is the first to attempt to make things better?

8. Do your arguments get physical? Verbally abusive? Please describe.

9. Who initiates sex most often?

10. If you are not having sex, when and how did it stop?

11. Do you use sex to repair the relationship? How?

12. Is sex a painful topic to your relationship? Why?

13. Do you feel safe and secure with your partner? Now? In the past?
Please detail.

14. In your present relationship, can you ask your partner when you need closeness and comfort? Please detail.. Please rate your level of difficulty (1 extremely easy; 2 extremely difficult).

15. Can you think of bonding moments in your relationship when one of you reaches out and the other responds in a way that makes you both feel emotionally connected and secure with each other? Please detail.

16. What messages of love/marriage did you get from your parents? Your community?
17. Before your present relationship, did you experience a safe, loving relationship with someone you trusted, felt close to and could turn to if needed? Who? Please detail.
18. Are there significant times in your relationship you felt your partner was not there for you? Please detail.
19. Is it hard for you to turn to and trust others, to let them get close when you really need them? What do you do when life gets too big to handle or when you feel alone?
20. Name two specific things that would make you feel safer and more secure in your present relationship.
21. Anything else about your relationship you would like to share?

Client Signature _____ Date _____