

Couples Questionnaire

1. How long have you been together?

Married Partnered Co-habiting Dating

2. How long were you together before conflicts or challenges surfaced?

3. Have you been in couples therapy before? Yes No

If so, with who? What was helpful?

What wasn't helpful?

4. What is your most common repeating conflict or argument?

5. This is what I do that makes it hard for us:

6. Here is what I do that contributes to making my relationship better:

7. When I am under stress how I respond is:

8. When my partner is under stress how I respond is:

9. If I could change one thing about my partner it would be:

10. A complaint my partner has about me that I think is valid is:

11. If there could be only one change in therapy, I would change:

12. If there could be only one change that my partner would change that would be:

13. One time my partner really cared for me was: