

## QUESTIONS FOR COUPLES:

*Below are a series of about 75 questions your therapist needs to know in order to get a good idea of what we are working with and how best to solve the issues at hand. You may answer verbally in person, or print out this form and answer the questions on this form. If you run out of room on the lines below, you may finish your answer on the back of the paper. Feel free to give very short answers in writing, and simply put an \* next to the questions you would prefer to answer in person. Please highlight any answers you wish to keep secret from your partner for now.*

How long have you been together? \_\_\_\_\_ Married? \_\_\_\_\_

What made you seek professional help? \_\_\_\_\_

Have you been to couples therapy before? \_\_\_\_\_ If yes, for how long? \_\_\_\_\_

What else have you done or tried before to promote change? \_\_\_\_\_

What are your expectations of couple's therapy? \_\_\_\_\_

Are your expectations for each other and your relationship reasonable? \_\_\_\_\_

If you could wave a magic wand, what would you like to see happen? \_\_\_\_\_

Which aspects of your relationship do you wish were different? \_\_\_\_\_

What's standing in the way of your relationship being as good as you want it to be? \_\_\_\_\_

What do you think is the #1 biggest issue in your relationship? \_\_\_\_\_

When did it start? \_\_\_\_\_ Why did it start? \_\_\_\_\_

WHY did you originally fall in love? \_\_\_\_\_

What do you like most about your partner NOW? \_\_\_\_\_

Why are you TRULY in this relationship? \_\_\_\_\_

What are the positive qualities YOU bring to the relationship? \_\_\_\_\_

What are positive qualities THEY bring to the relationship? \_\_\_\_\_

How would you generally describe your life together? \_\_\_\_\_

What MUST change? \_\_\_\_\_

Are you willing to change to keep your relationship alive? \_\_\_\_\_

How much (what) are you willing to change? \_\_\_\_\_

What is unworkable for you right now? \_\_\_\_\_

What % of the time do you feel bad / good in the relationship? \_\_\_\_\_

What could THEY do to make you happier in the relationship? \_\_\_\_\_

What could YOU do to be happier in your relationship? \_\_\_\_\_

Do you feel emotionally close to your partner? \_\_\_\_\_ Do they feel emotionally close to you? \_\_\_\_\_

Do you feel safe with your partner? \_\_\_\_\_ Does your partner feel safe with you? \_\_\_\_\_

Do you feel accepted by your partner? \_\_\_\_\_ Do they feel accepted by you? \_\_\_\_\_

Do you feel respected by your partner? \_\_\_\_\_ Do you respect your partner? \_\_\_\_\_

Does your partner trust you? \_\_\_\_\_ Do you trust your partner? \_\_\_\_\_

Do you feel your partner cares about you? \_\_\_\_\_ Do you care about them? \_\_\_\_\_

Do you feel loved? \_\_\_\_\_ Do they feel loved? \_\_\_\_\_

How do you truly FEEL about your partner? \_\_\_\_\_

How do you truly FEEL about your relationship? \_\_\_\_\_

Have you had similar problems in past relationships? \_\_\_\_\_

Are there any past conflicts that we need to resolve? \_\_\_\_\_

Do you need an apology for anything? \_\_\_\_\_

Do you fight often? If so, what are the common topics? \_\_\_\_\_

What are your partner's complaints about you? \_\_\_\_\_

What are your complaints about your partner? \_\_\_\_\_

Do your arguments seem to come out of nowhere? \_\_\_\_\_

Are you arguing about different things or always about the same topics? \_\_\_\_\_

Do YOU "fight fair"? \_\_\_\_\_ Do they? \_\_\_\_\_

Are you often blaming each other? \_\_\_\_\_

Do any of these "5 Relationship Killers" exist in your relationship? 1. Contempt 2.Criticism  
3.Stonewalling 4.Defensiveness 5.Failed repair attempts \_\_\_\_\_

Is there any "Gas-lighting" going on? \_\_\_\_\_

Are you happy with yourself? \_\_\_\_\_ Do you love yourself? \_\_\_\_\_

Do you feel like you are a good person? \_\_\_\_\_ Do you feel like you are a good partner? \_\_\_\_\_

Do you like being around your partner? \_\_\_\_\_ Do they like being around you? \_\_\_\_\_

Are you doing a lot of things together that you both enjoy and value? \_\_\_\_\_

How would you describe the quality of your sex life? \_\_\_\_\_

How would you describe the “non-sexual” physical touch in your relationship? \_\_\_\_\_

Is jealousy an issue in your relationship? \_\_\_\_\_

Has there been any infidelity? \_\_\_\_\_ By whom? \_\_\_\_\_

What is your Love Style? \_\_\_\_\_ What is theirs? \_\_\_\_\_

What is your Love Language? \_\_\_\_\_ What is theirs? \_\_\_\_\_

What is your Attachment Style? \_\_\_\_\_ What is theirs? \_\_\_\_\_

How would you describe your communication style? \_\_\_\_\_ Theirs? \_\_\_\_\_

How would you rate your communication within the relationship? \_\_\_\_\_

How could you strengthen and improve the communication in your relationship? \_\_\_\_\_

Are you able to say sorry? \_\_\_\_\_ Are they? \_\_\_\_\_

Are YOU able to take accountability / responsibility for your mishaps? \_\_\_\_\_

Are THEY able to take accountability / responsibility for their mishaps? \_\_\_\_\_

When it comes to conflicts, do you discuss them or store them up? \_\_\_\_\_

Do you feel comfortable bringing up your concerns in your relationship? \_\_\_\_\_

Can you develop a non-verbal warning signal to let each other know when your feelings are hurt? (Such as placing your hand on top of your head.) \_\_\_\_\_

Which rituals of connection could you develop? (Talking for 20 minutes after dinner. Going on date nights. Cuddle watching TV. Do a shared activity together.) \_\_\_\_\_

Have you ever separated before from each other? If so, how many times? \_\_\_\_\_

What would your lives be like if you decide to separate? \_\_\_\_\_

How easy or how difficult would it be for you to get out of this relationship if it were to end? \_\_\_\_\_

Do you feel you need to be in a relationship (even if bad) in order to be happy or to live? \_\_\_\_\_

Where do you see your relationship in 10 years? \_\_\_\_\_

How do others feel about your relationship? (Family / Friends) \_\_\_\_\_

How confident are you that you can solve your current problems and challenges? \_\_\_\_\_

What does “LOVE” mean / look like to you? \_\_\_\_\_

Generally, (not with them necessarily) how would you describe an ideal relationship? \_\_\_\_\_