

Couples Therapy Questionnaire

- 1) What is the problem that led you to decide to come to therapy?
- 2) How long have you and your partner been together? In what capacity i.e., dating, living together, married?
- 3) What initially attracted you to your partner and how did you decide to become partners?
- 4) What do you find most fulfilling about your relationship?
- 5) What was the very beginning of your relationship like? How long did this phase last?

6) What was your first disillusionment in the relationship? How did you resolve it?

7) When do you feel least fulfilled in your relationship?

8) In what significant ways are you two similar? In what ways are you different?

9) What do you do when you are angry? What does your partner do when he/she is angry? How do you resolve conflicts?

10) Do you spend time in activities away from your partner? If so, how often? Do you spend time alone with people who are not mutual friends? Does this create conflict?

11) How safe do you feel expressing your innermost thoughts and feelings to your partner? How do you ask for emotional support from your partner when you are feeling vulnerable? Do you expect to get it?

12) Would your partner say that you are emotionally responsive to his/her vulnerability? Explain.

13) Do you take an active, energetic role in nourishing the relationship? Does your partner do the same? How?

14) Do you support your partner development as an individual? How (give an example)? Do you support his/her growth even when you don't agree? How (give an example)?

15) Do you believe that your partner is giving 50% to the relationship?

16) Do the two of you have joint commitments to projects, activities, social causes? If so, what?

17) Does this project seem to add or detract from the bond between you?

18) How satisfying is your sexual relationship? How satisfying do you believe your sexual relationship is to your partner? What is the average frequency for you to be sexually intimate with your partner?

19) What would you like to be different in your sexual experience together?