

## Couples Questionnaire

Please answer each question on a separate sheet with as much detail as possible

What is the problem that led you to decide to come to therapy?

How long have you and your partner been together? In what form (dating, living together, married)?

What initially attracted you to your partner and how did you decide to be partners?

What do you find most fulfilling about your relationship?

What was the very beginning of your relationship like? How long did this phase last?

What was your first disillusionment? What happened and how did you resolve it?

When do you feel least fulfilled in your relationship?

In what significant ways are the two of you similar? Different?

How do you resolve conflicts?

What do you do when you are angry? What does your partner do when angry?

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 in your relationship?

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?

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

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

Do you support your partner's development as an individual? How (give example)?

Can you describe your sexual relationship at the beginning of your relationship?

What is your sexual relationship like currently?

How important is sex to you at this point in your relationship?

If your relationship were a drama, movie or book, what would it be titled? How would it end?