

Couples Assessment Questionnaire

Name: _____

What problem(s) led you to decide to come to therapy?

How long have you been together and how long (if appropriate) married?

What initially attracted you to your partner? How did you decide to get married or live together?

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?

What do you find most fulfilling about your relationship?

When do you feel the least fulfilled in your relationship?

In what significant ways are you different from your partner? What methods have you worked out to accommodate or compromise on your differences?

Continue on reverse side.

Please respond True or False to each of these statements about your behavior or feelings within your relationship.

	True	False
I am generally interested in my partner's concerns and activities.		
I regularly express affection for my partner.		
I try to keep in mind the ways my partner makes my life better.		
I try to feel connected to my partner, even when he or she seems aloof.		
I feel that I am always there for my partner.		
Sometimes it is hard for me to be sympathetic to the discomfort and hardship of my partner.		
I am able to recognize that when my partner is angry, resentful, impatient, restless, cranky, etc., he or she is most likely experiencing discomfort, distress, or hardship.		
I believe in my partner's ability to succeed in what he/she tries to do.		
I support my partner to pursue what he or she regards as personal growth and learning.		
By and large, I am open to my partner's way of doing things.		
I would not do anything or ask my partner to do anything that is unfair to him or her.		
I am usually sexually receptive to my partner.		

What else would you like your therapist to know about you, your partner, or your relationship?

Thank you for filling out this questionnaire.