



A BETTER LOVE.
A BETTER LIFE.

CONFIDENTIAL COUPLES QUESTIONNAIRE

THE COUPLES INSTITUTE

Please take your time when answering the questions that follow.

Your work will be enhanced when each of you completes these thoughtfully and honestly.

Feel free to attach additional pages if necessary.

Please give as complete an answer as you can, working separately.

NAME: _____

DATE: _____

1. What is the problem that led you to decide to come to therapy, or this workshop?

2. How long have you and your partner been together? In what form? (i.e., dating, living together, married, children)

3. What were the qualities that initially attracted you to your partner?

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

5. How was the decision to live together or marry made?

6. a) What was your first disillusionment about?

b) Did you come to some resolution?

c) Did this lead to any changes in either of you, or the relationship?



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7. a) How are the two of you similar?

b) How are you different?

8. a) What do you do when there is conflict between the two of you?

b) What does your partner do?

9. a) Do you express anger? If so, how?

b) Does your partner express anger? If so, how?

c) What helps you to calm down when you are upset?



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10. a) What strengths do you have that support resolving differences?

b) What strengths does your partner have?

11. a) Do you try to make “repairs” after a stressful interaction? If so, how?

b) Are these efforts successful?

c) Are they noticed by your partner?

12. a) Do you enjoy spending time alone?

b) Does planning how to spend it create anxiety for you?

c) How comfortable are you with your partner spending time away from you?



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Circle the appropriate number. (1 = very easy and 10 = very difficult).

a) How easy vs. difficult is it for you to express your innermost feelings, thoughts, desires, and values to your partner? 1 2 3 4 5 6 7 8 9 10

b) How easy vs. difficult is it to say no to your partner? 1 2 3 4 5 6 7 8 9 10

13. a) When you want support or encouragement from your partner, do you get it? How?

b) When your partner wants support or encouragement, do you offer it? How?

14. a) Do you support your partner's growth as an individual even when you don't agree?

b) How (give example)?

15. a) What do you find most satisfying about your sexual relationship?

b) What do you find least satisfying about it?

c) How has your sexual relationship changed since you were first together?



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17. What % of the time you spend together is Positive vs Negative?

%

18. a) Do the two of you have joint commitments to goals, projects, work, or social/ spiritual causes?

b) Does this add or detract from the bond between you?

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

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