HELP FOR COUPLES

Relationship Questionnaire

Helping me understand where your relationship is today and where you hope it can go.

Thank you for taking the time to complete this questionnaire.

Relationships are complicated, and there is rarely one story or one perspective. My goal is not to determine who is right or wrong, but rather to understand where each of you is today, what challenges you are facing, and what strengths still exist within the relationship.

Please complete this questionnaire individually and honestly. Your responses will help us make the most of our first session together.

RELATIONSHIP SNAPSHOT

Your Name: _____

Partner's Name: _____

Length of Relationship: _____

Relationship Status: ☐ Dating ☐ Engaged ☐ Married ☐ Other

Do you currently live together? ☐ Yes ☐ No

Children? ☐ No ☐ Yes Ages: _____

WHY ARE YOU SEEKING COUNSELING NOW?

What happened that made now the right time to seek counseling?

_____

_____

What nearly prevented you from seeking counseling?

_____

_____

What are the three biggest challenges currently facing your relationship?

1. _____

2. _____

3. _____

_____

_____

What have you already tried to improve the relationship?

_____

_____

RELATIONSHIP STRENGTHS

What originally attracted you to your partner?

_____

_____

What do you genuinely appreciate about your partner today?

_____

_____

What is still working well in your relationship?

_____

_____

What gives you hope that this relationship can improve?

_____

_____

CURRENT RELATIONSHIP CLIMATE

Area	1	2	3	4	5
Emotional Connection	○	○	○	○	○
Emotional Safety	○	○	○	○	○
Communication	○	○	○	○	○
Trust	○	○	○	○	○
Friendship	○	○	○	○	○
Physical Intimacy	○	○	○	○	○
Conflict Management	○	○	○	○	○
Overall Satisfaction	○	○	○	○	○

1 = Very Poor 2 = Poor 3 = Fair 4 = Good 5 = Excellent

COMMITMENT & HOPE

How hopeful are you that this relationship can improve? (1–10) _____

How committed are you to working on this relationship? (1–10) _____

Which statement best describes where you are today?
☐ I want this relationship to work and am committed to improving it.
☐ I am uncertain whether this relationship can improve.
☐ I have serious doubts about the future of this relationship.
☐ I have largely decided to leave but am willing to participate before making a final decision.

Are you currently considering separation or divorce?
☐ No ☐ Occasionally ☐ Seriously ☐ Actively pursuing it

UNDERSTANDING THE PATTERN

When conflict occurs, what usually happens between the two of you?

_____

_____

What tends to trigger the most difficult arguments?

_____

_____

What role do you think you typically play when conflict escalates?

_____

_____

What role do you think your partner typically plays?

_____

_____

LOOKING FORWARD

If we only had one session together, what would be most important for us to discuss?

_____

_____

What would you most like your partner to understand about you?

_____

_____

If counseling is successful six months from now, what would be different?

_____

_____

What are you personally willing to work on?

_____

_____

Is there anything important you would like me to know before our first session?

_____

_____

There is no expectation that your answers match your partner's. Different perspectives are welcome and often provide valuable insight into the relationship.