

## Couples Intake Questionnaire

Each partner should complete his/her own questionnaire.

Answer the questions independently (i.e., do not discuss or reveal your answers with your partner until directed to do so). Please be as honest as possible; this questionnaire will help your therapist obtain a clear picture of your relationship and create appropriate treatment goals.

1. What is the problem or concern that led you to seek couples therapy?
2. How long have you and your partner been together ? What forms has this relationship taken (e.g., dating, living together, engaged, married)?
3. What initially attracted you to your partner?
4. What was the beginning of your relationship like and how long did this phase last?
5. What happened that first caused you to feel disillusioned with your partner? Did this lead to any notable changes in your relationship?
6. How long has it been since things were good between the two of you? What caused things to go downhill after that?
7. How are the two of you similar and how are you different?
8. What do you do when there is conflict between the two of you? What does your partner do?

9. What do you do when you are angry with him/her?

What does your partner do when angry with you?

10. What strengths and weaknesses do you have in resolving conflict? What would you say are your partner's strengths and weaknesses in resolving conflict?

11. Do you enjoy being involved in activities separate from you partner? What do you like to do in those situations?

12. How comfortable are you if your partner spends free time away from you?

13. Do you have relationships with other people that create conflict with your partner, and if so, why?

14. On a scale of 1 to 10, how aware or in touch with your emotions are you (1 = not at all...10 = extremely)?

Explain the rating you give yourself.

15. On a scale of 1 to 10, how open are you in expressing your innermost feelings, desires, and thoughts to your partner (1 = totally closed...10 = totally open)?

Explain the rating you give yourself.

16. What is the area or topic that it is most difficult for you to open with your partner about?

Why?

17. When you could use support or encouragement from your partner, do you get it?

How?

When your partner wants support of encouragement from you, do you feel that you give it?

How?