

Couples Questionnaire

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Adapted from Sandy Jardine, M.S., LPC

Name: _____ Signature: _____

Age: _____ Date: _____

Relationship Status: _____

Years in Relationship: _____

Please answer each question as completely and accurately as possible. Your responses will help me to learn about your relationship and create a relevant treatment plan.

1. What do you enjoy most about your relationship?
2. What do you enjoy most about your partner?
3. What would you like to change about your relationship?
4. How often do you argue? What do you most often argue about?
5. Describe in detail your most recent argument? How did it start? How did it end?

6. When you argue, does one person leave or walk away? If yes, who? How long before this person returns? How long do you stay angry at each other?
7. Who typically makes the first attempt to make amends or make things better?
8. Do your arguments get physical? Verbally abusive? Please describe.
9. Who initiates sex most often?
10. If you are not engaging in sex, when did it stop? Why?
11. Is sex a painful or uncomfortable topic in your relationship? Why?
12. Do you use sex to repair the relationship? How?
13. Do you feel emotionally and physically safe in your current relationship? Previous relationships?
14. Are you comfortable asking your partner to provide physical and emotional affection?
15. Can you recall moments in your relationship when you were able to reach out to your partner and your partner responded in a way that allowed you to feel emotionally connected? Did you feel secure with each other?

16. What messages about love/intimacy/marriage were modeled to you during your childhood?

17. Have you experienced satisfying, loving and trusting relationships with other people? Who? When?

18. Is your partner emotionally/physically available for you? Please describe.

19. Do you find it difficult to trust other people and allow them to help or nurture you when you are in crisis, upset or feel lonely?

20. Identify 3-5 specific items that would allow you to feel safer, more secure and more satisfied in your current relationship.

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Additional

comments:
