

COUPLES QUESTIONNAIRE

1. List 5 things that you like about your partner.
A. _____
B. _____
C. _____
D. _____
E. _____

2. List 5 things that you dislike about your partner.
A. _____
B. _____
C. _____
D. _____
E. _____

3. Has the above affected your mood and if so how?

4. List 2 issues that cause the most arguments.
A. _____
B. _____

5. What 2 issues would your partner say concern them the most about you.
A. _____
B. _____

6. Identify 2 changes you could make that would improve your relationship.
A. _____
B. _____

7. What prevents you from making those changes?

8. Do you feel alone or lonely in your relationship.

Never Sometimes Frequently All the time

9. How well do you feel your partner understands you?
(Not at all) 1 2 3 4 5 6 7 8 9 10 (Completely)

10. Overall how satisfied are you with your relationship.

(Not at all) 1 2 3 4 5 6 7 8 9 10 (Completely)

11. Overall how strong do you feel your trust is for your partner.

(Not at all) 1 2 3 4 5 6 7 8 9 10 (Completely)