

Initial Couples Questionnaire

Before our first session please complete this questionnaire. I suggest you do it individually and then go through it together. We won't go through every answer in our session but it will highlight to you both what areas you would like to work on.

Connection and Love

We organise quality time together? Yes/No/Sometimes

Who initiates this?

I encourage my partner frequently Yes/No/Sometimes

I reflect on the good things we have together. Yes/No/Sometimes

I meet my partners emotional needs. Yes/No/Sometimes

Do you know what your partner needs?

We have joint interests and they are..

We are good friends Yes/No/Sometimes

To be better friends I would like...

If I want to show my partner I care I...

If my partner wants to show me they care they....

Are you happy with the way they show their love to you?

Listening

I feel heard by my partner. Yes/No/Sometimes

I give my undivided attention to my partner when they are talking. Yes/No/Sometimes

(why, why not)

I listen to their point of view even if I disagree. Yes/No/Sometimes

In what way could your partner listen to you better?

Communicating

I can talk to my partner about tricky subjects or strong emotions with ease.

Yes/No/Sometimes

What is a tricky subject? (*money, kids, sex etc*)

We resolve disagreements/conflicts without too much trouble. Yes/No/Sometimes

What have some of your recent conflicts been about?

When I am communicating well I'm.....

When I'm not communicating well I'm.....

When my partner is communicating well they....

When my partner isn't communicating well they.....

Sexual Intimacy

I am content with the amount of sex we are having. Yes/No/Sometimes

I am content with the quality of sex we are having. Yes/No/Sometimes

We agree on our sexual practice. Yes/No/Sometimes

I can talk about my sexual hopes and desires. Yes/No/Sometimes

I am sensitive towards my partners sexual needs. Yes/No/Sometimes

If I want sex I feel comfortable initiating sex. Yes/No/Sometimes

If I could improve something in our sex life it would be....

Family History

I had a good upbringing and I'd like my family to be like that.

I did not like my childhood and would like to change the way we do it.

What are some of the good things about your upbringing.

What are some of the things you didn't like.

Can you see any patterns in your relationship that are similar to what happened in your own family?

Belief and Values

We understand and support each other's belief and values.

We have no idea what our beliefs and values are!

We have some differences they are:

Goals

I have goals or dreams for me, they are....

We have goals for us, they are...

We have family goals they are....

We support each other in all our goals.

If there are any conflicts what are these?

Sorry

I find it easy to say sorry when I have made a mistake. Yes/No/Sometimes

How do you say sorry?

I can forgive when I have been hurt. Yes/No/Sometimes

Review

What did you learn about your partner that you didn't already know?

What have you learnt about yourself that you didn't realise?

Which areas do you think you need support with most?

Any other reflections?

Key areas you'd like to bring to couples therapy.

