Couples Intake Questionnaire

1. What is the problem that led you to decide to come to couples therapy/
2. How long have you and your partner been together and in what form? (e.g., dating, living together, 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 changes in your relationship? If yes, please explain.
6. How long has it been since things were good between you two? 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 a conflict between the two of you? What does your partner do? (it might be helpful in terms of thinking about being outside of our emotional comfort zone or window of tolerance where we may go to fight, flight, freeze, fawn (try to please), fix, fib, or flop (kind of give up unhappily – think of the statement “whatever”!
9. What did you learn about conflict and fighting growing up?
10. What do each of you do when you are angry with each other?
11. What strengths and weaknesses do you each have in resolving conflicts? Answer for both.
12. Do you enjoy being involved in activities separate from your partner? What do you like to do in those situations?
13. How comfortable are you if you partner spends free time away from you?
14. Do you have relationships with other people that create conflict with your partner and if so, why or how?
15. On a scale of 1-10, how aware or in touch with your emotions are you (1=not at all and 10=extremely? Please explain the raiting your give to yourself.
16. Using the same scale, how open are you in expressing your innermost feelings, desires, and thoughts to your partner? Please explain the raiting.
17. What is the area of topic that is most difficult for you to open with your partner about and why?
18. When you could use support or encouragement from your partner, do you get it? How? When your partner wants encouragement from you, do you feel you give it? How?
19. Describe your sexual relationship/ What you find most satisfying about it? Dislike about it? How has your sexual relationship changed since you were first together?
20. When do you feel most content in your relationship? When do you feel most unhappy or frustrated?
21. On a scale of 1-10, describe your level of commitment to your relationship with 10 being most. Please explain your rating.
22. On a scale of 1-10, how much do you still love your partner. Please explain the rating.
23. On a scale of 1-10, how much do your respect your partner (10 being highest). What is it about them that creates that level of respect in you?
24. What role have you played in contributing to the problems in your relationship? What tendencies do you have and what actions have you taken that have helped create or have added to the difficulties between you two?
25. How committed are you to making some of the changes that might be required – despite being uncomfortable and difficult at times. Please rate from 1-10.
26. If your relationship was a book or a movie, how would it end and what might be the title?
27. What kinds of support systems do you have in place externally if any?

Adapted from the couplesinstitute.com

Courtesy Ellyn Bader and Peter Pearson of the Couples Insititute