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COUPLES QUESTIONNAIRE

1. a. What is(are) the problem(s) that led you to decide to come to therapy?

b. How long has this problem been going on?

2. How long did you and your partner date? _____
How long have/did you two live together? _____
How long have you been married? _____

3. What attracted you to your partner initially?

4. How was the decision made to live together and/or marry?

5. a. How would you describe the very beginning of your relationship?

b. How long did this phase last?

6. a. What was your first disillusionment with your partner?

b. What happened and how did you resolve it?

c. Did this lead to any changes in your relationship?

d. How did you or your perspective on the relationship change, if at all?

7. a. When did you first become aware of significant differences between the two of you?

b. How are the two of you similar?

c. How are you different?

8. What do you do when there is conflict between the two of you? What does your partner do?

9. a. What do you do when you are angry?

b. What does your partner do when angry?

10. a. What strengths do you have that support resolving differences?

b. What strengths does your partner have?

11. a. Are you comfortable being involved in activities separate from your partner?

Yes No

b. What do you like to do at those times?

c. How comfortable are you with your partner spending time away from you?

12. a. Do you schedule personal private time for yourself?

b. How often, and is it by design or happenstance?

c. How do you spend your private time?

13. a. Do you have relationships with other people that create conflict in your relationship with your partner? Yes No

b. Why?

c. How do you respond to conflict?

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

15. On a scale of 1 to 10, how in touch with your emotions would you say that you are? (1= totally closed, 10=totally)

16. What area is the most difficult for you to be open about with your partner? Why?

17. a. Do you receive support and encouragement from your partner? Yes No
Describe how yes or how no:

b. Do you indicate your desire for support and encouragement to your partner?
Yes No If yes, how, if no, why not?

c. When your partner wants support and encouragement, does s/he ask for it?
Yes No If yes, how?

18. a. Describe your sexual relationship:

b. What do you find most satisfying about it?

c. What do you find least satisfying about it?

d. How has your sexual relationship changed since you were first together?

19. a. When do you feel most gratified in your relationship?

b. When do you feel most frustrated in your relationship?

20. Describe the level of your commitment to your relationship:

21. a. On a scale of 1 to 10, how much do you love your partner?
(1=not at all; 10=very much)

b. If so, how does your love for your partner today compare to how you loved him/her at the beginning of your relationship?

22. a. How much do you respect your partner on a scale of 1 to 10?
(1=no respect; 10=a great deal of respect)

b. What in particular do you respect about him/her?