

Couples Questionnaire

This is a questionnaire for each partner to fill out separately. Please do not share your answers with each other before coming to counseling. You may or may not choose to share your answers with each other, but it is important that I talk to you about that decision BEFORE you do so.

Greyed areas are to only intended to make grouped questions easier to distinguish from each other.

	Agree	Partly Agree	Neither Agree or Disagree	Partly Disagree	Disagree
I am generally happy with our relationship					
I like my partner					
I love my partner					
I respect my partner					
I trust my partner					
I believe that my partner likes me					
I believe that my partner loves me					
I believe that my partner respects me					
I believe that my partner trusts me					
I am certain I want to continue in my current relationship with my partner					
I am satisfied with the frequency of affectionate interactions in our relationship					
I am satisfied with the quality of affectionate interactions in our relationship					
I am satisfied with the form of affectionate interactions in our relationship					
I am satisfied with the frequency of sexual interactions in our relationship					
I am satisfied with the quality of sexual interactions in our relationship					
I am satisfied with the form of sexual interactions in our relationship					
I am satisfied with the frequency of intimate interactions in our relationship					
I am satisfied with the quality of intimate interactions in our relationship					
I am satisfied with the form of intimate interactions in our relationship					
I believe my values are compatible with those of my partner					
I believe my ways of seeing the world are compatible with those of my partner					
I believe my ways of acting in the world are compatible with those of my partner					
My satisfaction with our relationship has increased since the relationship began					
My friends are supportive of our relationship					
My family is supportive of our relationship					
My partner's friends are supportive of our relationship					
My partner's family is supportive of our relationship					
I have good relationships with my partner's family & friends					
I believe my partner has good relationships with my family & friends					
I tell my partner what I want from him/her					
I believe that my partner tells me what s/he wants from me					
I am comfortable with the ways that my partner and I are different					
I have certain beliefs, habits, coping strategies, fears (...) that make things difficult for me or my partner in our relationship					

	Agree	Partly Agree	Neither Agree or Disagree	Partly Disagree	Disagree
My satisfaction with our relationship has decreased since the relationship began					
I have been uncertain about our relationship since it began					
I sometimes feel anxious when my partner does or says certain things					
I sometimes feel angry when my partner does or says certain things					
I sometimes feel defensive when my partner does or says certain things					
I sometimes feel disempowered when my partner does or says certain things					
My partner and I disagree and/or fight about money					
I believe that my partner often doesn't understand what I am trying to say					
I often don't understand what my partner is trying to say					
I want to feel closer to my partner					
I want more privacy in our relationship					
I want more intimacy in our relationship					
I feel uncomfortable when my partner and I do not agree					
I believe my partner feels uncomfortable when we do not agree					
I feel comfortable sharing my answers to this questionnaire with my partner					