

ASSESSING YOUR INTIMATE RELATIONSHIP

The following open-ended questions are designed to help you and your partner begin to illuminate essential aspects of your relationship. Please complete all questions as candidly as possible. Generally, we ask that you do not share your answers with your partner until our next therapy session. Please bring your completed questionnaires in order to compare and discuss your responses.

Section A: Mapping your relationship

1. If I were to describe our relationship in one word, it would be ...
2. My partner and I are alike in the way that we ...
3. My partner and I are different in that we ...
4. If our relationship were a movie, the title would be ...
5. The things my partner does that please me are ...
6. The things my partner does that annoy me are ...
7. I feel that my partner's and my ability to communicate with each other is ...
8. The things I would like to talk to my partner about, but don't, are ...
9. My major worry about our relationship is ...
10. I think my partner's major concern about our relationship is ...
11. When my partner and I argue, things go wrong when ...
12. I wish my partner would tell me ...
13. I have the most fun with my partner when ...
14. I have the least fun with my partner when ...
15. One thing I think my partner "just doesn't get" about me is ...
16. If I were to describe our "sex life" in one word it would be ...
17. I wish our relationship was more ...
18. One thing my partner could do to improve our relationship is ...
19. One thing I could do to improve our relationship is ...
20. My level of commitment to continuing this relationship is ...
21. I believe that our chances for successfully repairing our relationship are ...

Section B: Identifying Strengths and Weaknesses

1. My major strengths are:
 - a.
 - b.
 - c.

2. My partner's major strengths are:

a.

b.

c.

3. My major weaknesses are:

a.

b.

c.

4. My partner's major weaknesses are:

a.

b.

c.

Section C: Highlighting Changes and Goals:

1. The changes I would like to see in our relationship (in order of priority) include:

a.

b.

c.

2. The changes I feel my partner would like to see are: (in order of his/her priority)

a.

b.

c.

3. The short-term goals I would like to strive for in our relationship include:

a.

b.

c.

4. The long-term goals I would like to strive for in our relationship include:

a.

b.

c.

Section D: Uncovering Invisible Loyalties

1. The ways that I'm like my father/mother include:

2. When I was growing up my "role" in the family was: (e.g., scapegoat, hero, problem child, worker bee, the baby, responsible one, rebel, caretaker, family mediator, troublemaker, confidant, junior mom, daddy's little girl, fighter, etc.).

3. The ways my partner is **like** my father/mother (same sex parent as partner) are...

a)

b)

c)

4. The ways my partner **differs** from my father/mother (same sex parent) are...

a)

b)

c)

5. As a child, the lessons I learned about marriage were ...

a)

b)

c)

6. Our relationship is similar to my parent's relationship in that it ...

7. Our relationship is different from my parent's relationship in that it ...

8. One thing you should never do in a marriage is ...

9. One thing you should always do in a marriage is ...

10. In my opinion, the most important ingredients for a successful marriage are ...

11. The most important lesson I learned about parenting from my parents was ...

12. The emotional baggage (unfinished business) I bring from my family of origin to my current relationship is ...