

Your name: _____ Partner's Name: _____

Each person fill out one form

COUPLE'S HISTORY

- A. **Duration** of relationship: _____ Relationship status: dating, living together, married, separated, divorced
- B. Number and length of **past marriages**: _____
- C. Our **Reason for seeking help** at this time: affairs/trust issues, blended family, parenting disagreements, financial disagreements, household chore disagreements, other: _____
- D. How do you see **yourself and others**?
- I am worthy, likeable, comfortable with others or by myself, able to express my feelings and calm myself. I usually find others dependable & accepting.
 - I am not sure if I'm worthy or likeable. I'm *not* comfortable being alone. I'm often overcome by emotions and not easily comforted. I need close relationships but I'm not sure if others want me.
 - I am not sure if I'm worthy/likeable. I want closeness but fear getting hurt. I don't easily trust others.
 - I am worthy of relationships, but I'm comfortable *without* a partner. I value my independence. My emotions are usually controlled. I prefer *not* to depend on others or have them depend on me.
 - I can be similar to all of the above. My emotions vary from very controlled to being overwhelmed. I may use long monologues OR prolonged silences when speaking.
- Which style best describes your partner: 1, 2, 3, 4, 5
- D. **Interaction Patterns:** During conflicts I am most likely to: **attack** (advise, blame, criticize, convince, demand, interrogate, lecture, give orders); **defend**, (apologize, explain, reassure); **distance** (clam up, space out, become cold or aloof, withdraw, leave).
Other: drink use drugs become physical, share vulnerable feelings
- During conflicts my partner is most likely to: **attack** (advise, blame, criticize, convince, demand, interrogate, lecture, give orders); **defend**, (apologize, explain, reassure); **distance** (clam up, space out, become cold or aloof, withdraw, leave).
Other: drink use drugs become physical, share vulnerable feelings,
- E. Our **conflict cycle** could best be described as: attack/defend; pursue/distance, demand/appease, attack/attack, withdraw/withdraw, complex:
Our **positive cycles** include: reaching for, relying on, missing, comforting
- F. My level of **commitment** to my partner is: **(low)** 1 2 3 4 5 **(high)**
My level of **relationship distress** is **(unhappy)** 1 2 3 4 5 **(happy)**
Quality of **sexual connection**: **(Poor/nil)** 1 2 3 4 5 **(Excellent)**
- G. **Related problems:** ADHD, alcohol/ drug use, anxiety, depression, employment, financial, legal, OCD, poor health, past loss/trauma,
- H: Past counseling X_____. How helpful was it? **(not at all)** 1 2 3 4 5 **(very)**