

## Relationship Assessment

Both you and your spouse/partner should fill out a copy of this form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Circle the item that best describes how happy you are, all things considered, with your relationship:

Very Unhappy	Mostly Unhappy	More Unhappy than not	Happy	More Happy than not	Mostly Happy	Perfectly Happy
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	We Always Agree	We Mostly Agree	We Occasionally Disagree	We Frequently Disagree	We Mostly Disagree	We Always Disagree
Handling Family Finances						
Matters of Recreation						
Demonstration of Affection						
Friends						
Sex						
Proper conduct / morality						
Philosophy of Life						
Ways of dealing with relatives						
Children and Parenting						

<b>When disagreements come up, what usually happens?</b>	I give in	My partner gives in	We both compromise	
<b>Do you and your partner do activities together?</b>	All	Some	Very few	None
<b>In leisure time, do you generally prefer...</b>	To be "on the go"		To stay at home	
<b>In leisure time, does your partner prefer...</b>	To be "on the go"		To stay at home	
<b>Do you ever wish you had not become a couple?</b>	Frequently	Occasionally	Rarely	Never
<b>If you had your life to live over, would you...</b>	Choose the same person	Choose a different person		Not choose at all
<b>Do you confide in your partner...</b>	Almost never	Rarely	In most things	In everything

# Relationship Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| In the past 6 months, did your partner hurt, kick, slap, or otherwise physically intimidate you? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Has your partner threatened to kill you?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Has your partner threatened to hurt your family, friends, or pets?                               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does your partner try to isolate you by keeping you away from your family or friends?            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Has your partner stalked or harassed you or someone else at work or elsewhere?                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are you afraid of your partner?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are you uncomfortable talking in front of your partner?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you worry that therapy might lead to violence?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

How strong is your motivation to develop a more loving relationship? \_\_\_\_\_

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Who, in your opinion, is more to blame? \_\_\_\_\_

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Who, in your opinion, should do most of the changing? \_\_\_\_\_

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Are you be willing to focus entirely on changing yourself, rather than trying to change, blame or punish your partner?

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Are you be willing to do relationship homework, whether or not your partner does any homework? \_\_\_\_\_

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If I accept both of you into therapy, would you be willing to accept 100% of the responsibility for the problem, and would you be willing, with my help, to pinpoint your own role in the problem? (Please keep in mind that this process will likely be painful, and if you do not want to experience the pain of self-examination, I will understand completely)

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# Relationship Assessment

## Marital Status Inventory

- I have made specific plans to discuss separation/divorce with my partner and have considered what I would say.
- I have set up an independent bank account in my name in order to protect my own interests.
- I have thoughts of separation/divorce that occur frequently, as often as once a week or more.
- I have suggested to my partner/spouse that I want to be separated, divorced, or rid of him/her.
- I have thought about separation/divorce and who would get the kids, how things would be divided, pros/cons.
- My partner and I have separated.
- I have discussed the question of my separation/divorce with someone other than my partner/spouse.
- Occasionally, I think of separation/divorce or wish that we were separated, usually after an argument/incident.
- I have discussed the issue of separation (or divorce) seriously or at length with my partner or spouse.
- We are separated or divorced, and I have asked that this be permanent.
- I have made inquiries about what is involved in getting a separation/divorce.
- I have contacted a lawyer to make preliminary plans for a separation, custody arrangement, or divorce.
- I have consulted with a lawyer or other legal aid about my options.
- I have vaguely considered separation or divorce a few times (other than during or after an argument)

## Questions about Your Partner

- My partner overreacts with excuses, anger, or guilt when they make a mistake.
- My partner forgets important dates, anniversaries, or birthdays.
- In social gatherings, my partner ignores me but impresses other people.
- My partner finds it almost impossible to say, "I'm sorry".
- My partner expects us to be intimate when they want to.
- My partner goes out of their way to help their friends but fails to help me.
- My partner shows concern for me only after I've complained about it.
- My partner initiates an activity or outing only if it's something they want to do.
- My partner seems to find it difficult to express their feelings.
- My partner doesn't listen well to opinions different from theirs.
- My partner has flashes of rage during which they refuse to calm down.
- My partner is intimidated by the wishes/ demands of their parents.
- My partner feels their skills are being wasted in their job. Yet, they fail to do anything about it except complain.
- My partner is not since or warm with other people.
- My partner has a problem with alcohol or marijuana.
- My partner has a problem with anger or rage.
- When my partner drinks, their personality changes a lot.
- My partner feels that they must not miss any fun or event with their kids.
- My partner has old-fashioned beliefs about what our household roles are.
- My partner has fears and lacks self-confidence, yet refuses to talk about it.

Is there anything else that would be helpful to know or that might useful in understanding your relationship issues?

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