

## Relationship Questionnaire

Please take the time to complete this questionnaire thoughtfully. Your answers will help me to address your needs. The generic word "partner" will be used in place of wife, husband, boyfriend, fiancée, etc. Thank you.

Name \_\_\_\_\_

Date \_\_\_\_\_

Name of partner \_\_\_\_\_

Age of partner \_\_\_\_\_

How long have you been together \_\_\_\_\_

How long have you lived together \_\_\_\_\_

Do you have children \_\_\_Y \_\_\_N

Names/Gender/Age \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How did you meet \_\_\_\_\_

At the beginning of your relationship, who tended to be the pursuer or initiator  
\_\_\_\_\_

If those roles changed over time, who is the pursuer now \_\_\_\_\_

What made you fall in love with your partner (use words like chemistry, sense of humor, intelligence, good communication, etc.) \_\_\_\_\_  
\_\_\_\_\_

What do you like the most about your partner today \_\_\_\_\_  
\_\_\_\_\_

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Please briefly describe your major concern(s) about this relationship

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Please describe any history of physical aggression or violence in this relationship

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Please describe any concerns you have about alcohol, drugs, or other addictions in this relationship \_\_\_\_\_

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Please describe any history of infidelity in this relationship (affairs or flirtations, emotional or physical) \_\_\_\_\_

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Level of trust I have in my partner

1 2 3 4 5

Low High

Level of emotional support I feel in this relationship

1 2 3 4 5

Low High

Level of affection (non-sexual)

1 2 3 4 5

Low High

My level of sexual satisfaction with my partner

1 2 3 4 5

Low High

Amount of fighting or distressing arguments

1 2 3 4 5

Low High

Amount of emotional and physical distance

1 2 3 4 5  
Low High

Generally, my partner meets my most important relationship needs

1 2 3 4 5  
Low High

My partner understands and is supportive of my feelings and beliefs

1 2 3 4 5  
Low High

When we disagree, we communicate effectively

1 2 3 4 5  
Low High

When we're not fighting, we communicate effectively

1 2 3 4 5  
Low High

It's generally easy to get my partner's attention T F

I usually come first in my partner's life T F

I usually feel lonely or shut out in this relationship T F

My partner is mostly there for me T F

I feel I can lean on my partner for support T F

I know my partner cares about me and my feelings T F

I generally feel a strong sense of connection with my partner T F

When there is distress in a relationship, there are normal patterns of interaction that become frustrating and hurtful. We call these patterns a relationship "dance". Typical patterns are Complain<>Defend, Blame<>Counter-attack, Demand<>Withdraw, Distance<>Protest, and other similar combinations.

How would you describe your current relationship dance \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I'm upset, my partner \_\_\_\_\_

When I'm angry, my partner \_\_\_\_\_

I express my needs (circle only one)    Directly    Indirectly    Not At All

These dances are circular. This is another way to describe the dance in your relationship. Please fill in the blanks as best you can.

The more I (for example, complain, control, express my needs or feelings)  
\_\_\_\_\_  
\_\_\_\_\_, the more my partner (partner's response, such  
as distance, yell at me, etc.) \_\_\_\_\_  
\_\_\_\_\_, then the more I \_\_\_\_\_  
\_\_\_\_\_.

What do you feel emotionally during the dance (use feeling words such as mad, sad, embarrassed, guilty, ashamed, anxious, afraid) \_\_\_\_\_  
\_\_\_\_\_

What do you think your partner feels during the dance \_\_\_\_\_

Thank you for taking the time to complete this questionnaire.