

## Couples Questionnaire

Please fully respond to the following questions:

1. If you stay together, what kind of marriage do you wish to co-create?  
(This description gives us a target--bigger picture of where you want to be.)
  
2. Why is this *kind* of relationship important to you?  
(It is the “Why” that gives the motivation to do the necessary work. Describe the “why” for which you are willing to do the work to create a successful and satisfying marriage.)
  
3. What will be required of *you*—not your spouse—to bring about a satisfying relationship?  
(It’s easy to identify what your spouse needs to do. It is also the most futile.)

Include what will be required of you to be a better communicator on tough problems.

**Note:** Many couples believe they have already done enough and now it is up to their partner to do the heavy lifting. I can understand why some spouses don’t want to make the effort. Perhaps it is because of too much hurt, anger, resentment, fear, sadness, or too much time in their emotional bunker. I hope there is at least a sliver of motivation left in some part of you that is still alive and willing to put forth the effort to see if it makes a difference.

**Please complete the following sentences:**

4. What I do that brings out the best in my spouse is . . .
  
  
  
  
  
  
  
  
  
  
5. What do that brings out the worst in my spouse is . . .
  
  
  
  
  
  
  
  
  
  
6. When I bring out the worst in my spouse I react by . . .
  
  
  
  
  
  
  
  
  
  
7. The first change in me I want to experiment with is . . .

Please bring your responses to your first session.

This questionnaire may be an irritation and an inconvenience. Responding to these questions reflects your motivation to get your relationship back on track. You will learn relationship skills in the counseling session—you will also need to work hard during the week to implement them. By answering these questions, your improved future together just got a little closer.