



INNER CALM COUNSELING

Couples Relationship Questionnaire

Thank you for taking the time to complete this questionnaire. Your responses will help me understand your relationship, your strengths, your concerns, and your goals for therapy. There are no right or wrong answers.

Goals for Therapy

Briefly describe your hopes for our work together.

What fears or worries do you have about the relationship at this time?

Relationship Strengths

What strengths do you have as a couple?

When do you feel closest or most connected to your partner?

Conflict & Communication

How often do arguments result in yelling, intimidation, throwing things, blocking exits, or physical aggression?

How are you doing as a couple with decision-making and sharing responsibilities?

Trust & Intimacy

How would you rate the level of trust you have with your partner?

How satisfied are you with the sexual intimacy in your relationship?

How much do you feel that your partner cares about you?

Family of Origin

What did your family model for you about relationships?

Additional Concerns

Who do you believe is most responsible for the problems in your relationship?

If you are experiencing thoughts of self-harm or suicide, please explain:

Relationship Satisfaction

Please select the option that best describes your overall level of happiness in your relationship today:

- Perfect
- Extremely Happy
- Very Happy
- Happy
- A Little Unhappy
- Fairly Unhappy
- Extremely Unhappy

Commitment & Hope

Please select the statement that best reflects how you currently feel about the future of your relationship:

- I want desperately for this relationship to succeed and would do almost anything to help it succeed.
- I want very much for this relationship to succeed and will do all I can to help it succeed.
- I want this relationship to succeed and am willing to do my part.
- It would be nice if the relationship succeeded, but I don't feel I can do much more than I am already doing.
- It would be nice if the relationship succeeded, but I am unwilling to do more than I am currently doing.
- I do not believe this relationship can succeed.

There are no right or wrong answers. Your responses help me better understand where you are in your relationship right now and how hopeful, invested, or discouraged you may be feeling. This information helps guide our work together.

Name: _____

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In-Person & Virtual Sessions Available in Colorado & New Jersey