

Couples Questionnaire

Please check ALL items that apply.

MOODS: (ex. irritability, depression, etc.)

My moods are a problem to the relationship. How?

My partner's moods are a problem to the relationship. How?

ALCOHOL and SUBSTANCE USE

My use of alcohol is excessive
 My use of prescription or illegal drugs is a problem

My partner's use of alcohol is excessive
 My partner's use of prescription or illegal drugs is a problem

AGGRESSION

My temper adversely affects our relationship
 I have been verbally abusive to my partner
 I have been physically abusive to my partner

My partner's temper adversely affects our relationship
 My partner has a been verbally abusive to me
 My partner has been physically abusive to me

Our fights and arguments are very destructive to our relationship

AFFAIRS

I have had an affair during our relationship (or an inappropriate outside relationship)
 I am currently having an affair (or an inappropriate outside relationship)

My partner has had an affair during our relationship (or an inappropriate outside relationship)
 My partner is currently having an affair (or an inappropriate outside relationship)

SATISFACTION and COMMITMENT

_____ % I am committed to staying in our relationship.

_____ % Overall how satisfied are you now with your relationship?

In percentage terms, how strongly do you agree with the statements below

Use this scale to answer the questions below

| 0 | 25% | 50% | 75% | 100% |
|-------------------|-----------------|-------------------|-------------|------------------|
| Not at all | Slightly | Moderately | Very | Extremely |

_____ % I fell disorganized by all this negative emotion

_____ % I can't think straight when my partner gets so negative

_____ % Talking things over with my partner only seems to make them worse

_____ % I have little confidence that we can discuss a significant problem without fighting

_____ % I am basically unhappy with my relationship

_____ % I have often felt like leaving my partner

_____ % I often don't feel close to my partner

_____ % I'm not satisfied with our sex life

_____ % I feel lonely in our relationship

_____ % I feel we are disconnected

_____ % My partner and I live pretty separate lives

_____ % I confide in a special person outside of our relationship. Who? _____

_____ % There are specific events in our relationship which I am having trouble getting over. What?

_____ % In spite of our problems, I believe my partner really cares about me