

Clarity Psychological Services

Couples Intake Questionnaire

1. Please briefly describe your major concern(s) about this relationship and what led up to seeking out marital/couples therapy.
2. How long have you and your partner been together? In what form (e.g., dating, living together, married)?
3. What initially attracted you to your partner?
4. What do you like the most about your partner today?
5. What was the beginning of your relationship like and how long did this phase last?
6. What happened that first caused you to feel disillusioned with your partner? Did this lead to any changes in your relationship?
7. How long has it been since things were good between the two of you? What caused things to go downhill after that?
8. How are the two of you similar and how are you different?
9. What do you do when there is conflict between the two of you? What does your partner do (fight, flee, freeze, etc.)?
10. What do you do when you are angry with him? What does your partner do when angry with you?

11. What strengths and weaknesses do you have in resolving conflict? What would you say are your partner's strengths and weaknesses in resolving conflict?
12. Do you enjoy being involved in activities separate from you partner? What do you like to do in those situations?
13. How comfortable are you if your partner spends free time away from you?
14. Do you have relationships with other people that create conflict with your partner, and if so, why?
15. On a scale of 1 to 10, how aware or in touch with your emotions are you (1=not at all and 10=extremely)? Explain the rating you give yourself.
16. On a scale of 1 to 10, how open are you in expressing your innermost feelings, desires and thoughts to your partner (1=totally closed and 10=totally open)? Explain the rating you give yourself.
17. What is the area or topic that it is most difficult for you to open with your partner about? Why?
18. When you could use support or encouragement from your partner, do you get it? How? When your partner wants support of encouragement from you do you feel that you give it? How?
19. Describe your sexual relationship. What do you find most satisfying about it? What don't you like about it? How has your sexual relationship changed since you were first together?
20. What role have you played in contributing to the problems in your relationship; what tendencies do you have and what actions have you taken that have helped create or have added to the difficulties between you two?

21. 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.

- a. How would you describe the “dance” of your current relationship?
- b. When I’m upset, my partner (circle only one) **Attacks, Withdraws, Defends, Blames**
- c. When I’m angry, my partner (circle only one) **Attacks, Withdraws, Defends, Blames**
- d. I express my needs (circle only one) **Directly Indirectly Not At All**
- e. These dances are circular. This is another way to describe the dance in your relationship. Please fill in the blanks as best you can.
 - 1. 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 _____.
- f. What do you feel emotionally during the dance (use feeling words such as mad, sad, embarrassed, guilty, ashamed, anxious, afraid) _____
- g. What do you think your partner feels during the dance _____

Level of trust I have in my partner

1 2 3 4 5
Low High

Level of respect I have in my partner

1 2 3 4 5
Low High

Level of commitment I have in this relationship

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

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