

RELATIONSHIP HISTORY QUESTIONNAIRE

NAME: _____

DATE: _____

What Ails? What are the major issues in your relationship that bring you here?

1. _____
2. _____
3. _____

How was the decision made to come in now?

You Please list five of your most important strengths or assets.

1. _____
2. _____
3. _____
4. _____
5. _____

What are your two greatest weaknesses or deficits?

1. _____
2. _____

What do you do in excess that you would like to moderate?

1. _____
2. _____

What quality, trait, or characteristic do you see as missing in you (or nearly so) that, if present, would be an important resource to you?

What percentage of the time with your partner can you "be yourself"? _____ %.

**Your
Partner**

What initially attracted you to your partner?

1. _____
2. _____
3. _____
4. _____

What do you like most about your partner now?

1. _____
2. _____
3. _____

What do you like least about your partner now?

1. _____
2. _____
3. _____

In what ways is your partner most like you?

1. _____
2. _____
3. _____

In what ways is your partner most different from you?

1. _____
2. _____
3. _____

What traits of yours, that he/she does not emphasize, do you believe your partner would most benefit from acquiring or accentuating?

1. _____
2. _____

How would your partner answer the previous question?

1. _____
2. _____

What characteristics of your partner would you most like to develop in yourself, at least to a degree?

1. _____
2. _____

How do you believe your partner would answer the previous question?

1. _____
2. _____

What are shared interests for you and your partner?

1. _____
2. _____
3. _____
4. _____

Roles

What are your expectations for a husband?

1. _____
2. _____
3. _____
4. _____

What plans or goals do you have for the family?

1. _____
2. _____
3. _____

What personal goals have you set for yourself?

1. _____
2. _____
3. _____

What do you fear most?

1. _____
2. _____
3. _____

In what ways, if any, do you feel inhibited in your relationship? (That is, have you stopped doing some things you would like because your partner objects?)

1. _____
2. _____
3. _____

Being honest with yourself, are you pretending to be someone you are not to your partner? (That is, someone braver or weaker, smarter or dumber, more loving or less loving, etc than you really are?)

Presently or in the past, did/do you place your partner "on a pedestal"? If so, how? (Please indicate if past or present).

What are your expectations for a wife?

1. _____
2. _____
3. _____
4. _____

Every relationship has ground rules that are made explicitly or implicitly. What four important ones are yours?

1. _____
2. _____
3. _____
4. _____

How are rules or decisions made:	Usually Husband	Usually Wife	Usually Shared/Mutual
about child rearing	_____	_____	_____
about how money is budgeted or spent	_____	_____	_____
about social contacts	_____	_____	_____
about sexual relations	_____	_____	_____
about housekeeping	_____	_____	_____

How are they change? _____

Being very candid about yourself and about your partner, are there any "double standards" in the relationship? That is, are there some freedoms, rights, privileges you want for yourself that you do not want your partner to have or your partner wants for himself or herself, but does not want you to have?

1. _____
2. _____
3. _____
4. _____

Have you identified any unworkable roles in the relationship? (E.g., one person spends much of the money, but the other is responsible for maintaining the budget; one person drinks in excess, but the other is supposed to control the drinking; both work full-time, but one is the primary homemaker.)

1. _____

2. _____

3. _____

Your Family

How many brothers and sisters? _____

Please list three adjectives that most describe your father:

1. _____
2. _____
3. _____

Please list three adjectives that most describe your mother:

1. _____
2. _____
3. _____

How did your parents show affection to one another?

How did your parents deal with disagreements?

If your parents divorced, please complete the following:

Your age at their divorce: _____

For what reasons: _____

Who did you live with: _____

How did your relationship with your father change, if any: _____

How did your relationship with your mother change, if any: _____

How did you change, if any: _____

Communication

(Please circle as appropriate)

Usually

Sometimes

Rarely

My partner understands what

I communicate

1 2 3 4 5

I understand what my partner communicates

1 2 3 4 5

I express my requests

1 2 3 4 5

My partner expresses requests

1 2 3 4 5

I express my preferences

1 2 3 4 5

My partner expresses preferences

1 2 3 4 5

I express my appreciations

1 2 3 4 5

My partner expresses appreciations

1 2 3 4 5

I express my dissatisfactions

1 2 3 4 5

My partner expresses dissatisfactions

1 2 3 4 5

I feel comfortable expressing disagreements

1 2 3 4 5

My partner feels comfortable expressing

disagreements

1 2 3 4 5

I am courteous to my partner

1 2 3 4 5

My partner is courteous to me

1 2 3 4 5

When you discover you made a mistake, you apologize	1	2	3	4	5
When your partner discovers he/she made a mistake, he/she apologizes	1	2	3	4	5
I am able to forgive	1	2	3	4	5
My partner is able to forgive	1	2	3	4	5

(Please place a check by each number you believe your partner would mark for the item you just circled)

Your Therapy

What are your goals for psychotherapy?

1. _____
2. _____
3. _____

How confident are you that these goals can be met?

	Very Much		Moderately		Unlikely
Goal 1	1	2	3	4	5
Goal 2	1	2	3	4	5
Goal 3	1	2	3	4	5

None 0%		50%	Completely 100%
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How committed are you to staying in your relationship? _____

How committed do you believe your partner to be to the relationship? _____

Everything considered, how happy are you in your relationship? _____

Everything considered, how happy do you believe your partner is with the relationship? _____

What is non-negotiable, if anything?

1. _____
2. _____
3. _____

Thank you for your time and effort.