

COUPLES QUESTIONNAIRE ABOUT RELATIONSHIP PROBLEMS:

This questionnaire was developed as a tool to help you identify the areas of your relationship that are challenging and where you would like to make improvements

Please check off each concern that you are currently experiencing

Communication:

- Difficulties effectively communicating with your partner, spouse or child
- Challenges with consciously listen to one another, without being triggered
- Expressing yourself in an assertive and respectful way so that you can be heard
- Expressing discomfort about something your partner is doing that bothers you

- Other _____

Parenting:

- How to effectively discipline your children when you have different approaches
- Collaborating on disciplinary decisions and presenting them together, effectively
- Sharing parental responsibilities and divide up child-related and household tasks

- Other _____

Family Issues:

- Finding way to make spending time together with your own family a priority
- Deciding upon ways to spend quality time together with each other as a family
- Discuss how and how often you plan to see/visit with extended family members

- Other _____

Intimacy:

- Finding exclusive time to be together as a couple. Creating regular "date nights."
- Finding ways to be physically affectionate with each other and to stay connected
- Exploring differences in levels of desire for intimacy and sexual interactions
- Looking at how stress interferes with your opportunity or interest in intimacy/sex

- Other _____

These are some examples of the concerns discussed with Joan in couple's therapy.
Call Joan at 516-522-0573 to schedule your FREE 20 minute phone consultation