



**FIGURE & GROUND**  
COUNSELING  
LLC

**Couples & Marital Questionnaire**

**Instructions: Please have each person fill out their own separate form.**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Current Presenting Problems:**

1. What is your chief complaint about your spouse?

2. How long has this been going on?

3. What are your other concerns?

4. What do you need from your spouse?

5. What have you tried to get that complaint solved or need met?
  
6. How would you know if complaint solve or need met? What would that look like? (E.g.. saying you need support does not describe what behaviors would be supportive to you. What direct behaviors do you wish to see?)
  
7. What would your spouse say about this complaint/need?
  
8. What do you know about the statistic, research or comparatively what friends and family would say about this?
  
9. What is your partner's chief complaint about you? Do you agree?
  
10. When have you had a similar issue with another partner, friend or loved one?
  
11. What have you done to resolve their complaint?

12. What are you NOT willing to do to resolve your partner's complaint?

13. How would you describe your communication style? Patterns?

14. Are there things you not willing to tell your partner?

15. How do you resolve anger?

16. What are you willing to change to make your partner happy?

17. What is your rate of sexual satisfaction? Rate 1 (best) -10 (worst)

18. What is your rate of intimacy/affection satisfaction? Rate 1 (best) -10 (worst)

19. How hopeful are you that therapy will help? Rate 1 (best) -10 (worst)

## **History:**

1. How many successful relationships have you had prior?
2. What ended your last relationship?
3. What was is about your partner that you initially fell in love with?
4. What were your red flags?
5. What kind of relationship did your parents have?
6. How did your parents solve problems?
7. When did your parents show affection to each other?
8. Was there cheating or lying in your family or origin?

9. What needs did your family not meet? (i.e., unconditional love, stability, praise)

10. How did you try to get this need met?

11. What positive values and relational behaviors did your parents or family teach you?