

## COUPLES QUESTIONNAIRE

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

*Jot down some phrases that describe your relationship.*

1. What initially attracted you to your partner and how did you decide to become exclusive partners?
2. What do you find the most fulfilling about your relationship?
3. What was the first disillusionment/disappointment? What happened? How did you resolve it?
4. When do you feel the least fulfilled in your relationship?
5. In what significant ways are the two of you similar?
6. How are you different?
7. What do you do when you are annoyed? What does your partner do?

Adapted from the Couples Institute longer questionnaire  
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