

## Relationship Information

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

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

Relationship status:

Married (# of years): \_\_\_\_\_ Engaged: \_\_\_\_\_ Cohabiting: \_\_\_\_\_ Separated (since): \_\_\_\_\_

In the graph below, draw a line that shows your level of satisfaction over the course of your relationship together. Mark down significant events which impacted level of satisfaction. Mark what you believe your spouse's satisfaction with a dashed line



Briefly describe the nature of the problems you are experiencing in your marriage:

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What are some things you could do personally to improve your marriage regardless of what your partner does?

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What are some things you would like to see your partner do to improve your marriage?

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If you woke up tomorrow and your marriage was all you would hope it to be, what would be different?

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To what degree do you have family or friends that support you as a couple? (Circle one)

Extremely high   Very high   High   Moderate   Low   Very Low   Extremely Low

To what degree do the two of you share a similar basic worldview? (Circle one)

Extremely high   Very high   High   Moderate   Low   Very Low   Extremely Low

What are your goals for counseling? What do you hope to see accomplished?

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Describe your relationship with your Father. How did you communicate together? Did you have close or more distant relationship? In what ways are you like your father?

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Describe your relationship with your Mother. How did you communicate together? Did you have close or more distant relationship? In what ways are you like your mother?

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How would you rate the happiness of your parent's marriage? Do this on a scale of 1-10 (1 – very unhappy – 10 very happy).

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How did your parents show their affection to each other?

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How did you see conflict handled in your parent's marriage?

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In what ways is your spouse similar or different from your parents?

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## Safe Haven Assessment

Please check each column that describes how you experience each of the following items in your relationship

		Never	Rarely	Occasionally	More often than not	Most of the time	All the time
<b>TRUST</b>							
1. My partner is honest and truthful with me.							
2. I can trust my partner.							
3. My partner has the best interest of our relationship foremost in his/her mind.							
4. I can accept the decisions my partner makes in important areas of our relationship.							
5. My partner is not self-centered or selfish.							
6. I am certain that my partner will not intentionally hurt me.							
<b>EMOTIONAL AVAILABILITY</b>							
1. My partner gives me his/her full attention when I need to share what's important to me.							
2. I can count on my partner to be emotionally accessible when I need him/her.							
3. I am able to talk openly with my partner about what's important to me.							
4. We give and receive support from each other with ease.							
5. My partner is willing to put aside what he/she is doing to spend time with me.							
6. My partner does not seem to give more (undue) time and attention to things other than our marriage							
<b>RESPONSIVENESS</b>							
1. Even though we might have different views, my partner tries to take into consideration my perspective.							
2. I do not have to walk on eggshells around my partner.							
3. When we are in conflict, my partner is still able to respond in a considerate way.							
4. When making important decisions, I know my partner will think through my point of view							
5. My partner is understanding of my moods and feelings.							
6. We are able to constructively resolve our relationship hurts							

## The Experiences in Close Relationships-Revised (ECR-R) Questionnaire

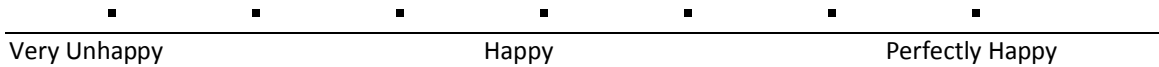
The statements below concern how you feel in emotionally intimate relationships. We are interested in how you *generally* experience relationships, not just in what is happening in a current relationship. Respond to each statement by circling a number to indicate how much you agree or disagree with the statement.

	Question	1=Strongly Disagree. . . . . 7=Strongly Agree						
1.	I am nervous when partners get too close to me.	1	2	3	4	5	6	7
2.	I find it difficult to allow myself to depend on romantic partners.	1	2	3	4	5	6	7
3.	I find it easy to depend on romantic partners.	1	2	3	4	5	6	7
4.	I find that my partner(s) don't want to get as close as I would like.	1	2	3	4	5	6	7
5.	It makes me mad that I don't get the affection and support I need from my partner.	1	2	3	4	5	6	7
6.	I'm afraid that I will lose my partner's love.	1	2	3	4	5	6	7
7.	I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.	1	2	3	4	5	6	7
8.	I am very comfortable being close to romantic partners.	1	2	3	4	5	6	7
9.	My desire to be very close sometimes scares people away.	1	2	3	4	5	6	7
10.	It's not difficult for me to get close to my partner.	1	2	3	4	5	6	7
11.	My romantic partner makes me doubt myself.	1	2	3	4	5	6	7
12.	Sometimes romantic partners change their feelings about me for no apparent reason.	1	2	3	4	5	6	7
13.	I feel comfortable depending on romantic partners.	1	2	3	4	5	6	7
14.	When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.	1	2	3	4	5	6	7
15.	I worry that I won't measure up to other people.	1	2	3	4	5	6	7
16.	I worry that romantic partners won't care about me as much as I care about them.	1	2	3	4	5	6	7
17.	My partner only seems to notice me when I'm angry.	1	2	3	4	5	6	7

18.	I often worry that my partner doesn't really love me.	1	2	3	4	5	6	7
19.	I prefer not to show a partner how I feel deep down.	1	2	3	4	5	6	7
20.	I talk things over with my partner.	1	2	3	4	5	6	7
21.	It's easy for me to be affectionate with my partner.	1	2	3	4	5	6	7
22.	When my partner is out of sight, I worry that he or she might become interested in someone else.	1	2	3	4	5	6	7
23.	I often wish that my partner's feelings for me were as strong as my feelings for him or her.	1	2	3	4	5	6	7
24.	I rarely worry about my partner leaving me.	1	2	3	4	5	6	7
25.	I feel comfortable sharing my private thoughts and feelings with my partner.	1	2	3	4	5	6	7
26.	I do not often worry about being abandoned.	1	2	3	4	5	6	7
27.	I don't feel comfortable opening up to romantic partners.	1	2	3	4	5	6	7
28.	I get uncomfortable when a romantic partner wants to be very close.	1	2	3	4	5	6	7
29.	It helps to turn to my romantic partner in times of need.	1	2	3	4	5	6	7
30.	I usually discuss my problems and concerns with my partner.	1	2	3	4	5	6	7
31.	I find it relatively easy to get close to my partner.	1	2	3	4	5	6	7
32.	I tell my partner just about everything.	1	2	3	4	5	6	7
33.	I worry a lot about my relationships.	1	2	3	4	5	6	7
34.	My partner really understands me and my needs.	1	2	3	4	5	6	7
35.	I often worry that my partner will not want to stay with me.	1	2	3	4	5	6	7
36.	I prefer not to be too close to romantic partners.	1	2	3	4	5	6	7

## Locke-Wallace Relationship Adjustment Test

Circle the dot on the scale line that best describes the degree of happiness, everything considered, of your present relationship. The middle point "happy" represents the degree of happiness that most people get from their relationship, and the scale gradually ranges on one side to those few who are very unhappy and, on the other, to those few who experience extreme joy or felicity in their relationship.



	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling Family Finances						
2. Matters of Recreation						
3. Demonstration of Affection						
4. Friends						
5. Sex Relations						
6. Conventionalty(right, good, or proper conduct)						
7. Philosophy of Life						
8. Ways of Dealing with In-laws						

**For each of the following items, check one response:**

9. When disagreements arise, they usually result in  
 (a) Me giving in \_\_\_ (b) my partner giving in \_\_\_ (c) agreement by mutual give and take \_\_\_
10. Do you and your partner engage in outside interests together?  
 (a) All of them \_\_\_ (b) some of them \_\_\_ (c) very few of them \_\_\_ (d) none of them \_\_\_
11. In leisure time, do you generally prefer:  
 (a) To be "on the go" \_\_\_ (b) to stay at home \_\_\_
12. Does your partner generally prefer:  
 (a) To be "on the go" \_\_\_ (b) to stay at home \_\_\_
13. Do you ever wish you had not committed to this relationship?  
 (a) frequently \_\_\_ (b) occasionally \_\_\_ (c) rarely \_\_\_ (d) never \_\_\_
14. If you had your life to live over again, do you think you would:  
 (a) Commit to the same person \_\_\_ (b) commit to a different person \_\_\_ (c) not commit at all \_\_\_
15. Do you ever confide in your partner?  
 (a) Almost never \_\_\_ (b) rarely \_\_\_ (c) in most things \_\_\_ (d) in everything \_\_\_